

Helpful Learning Activities for Infants 1-4 Months Old

Focus on: *Language Development*

Continued Communication.

Talk softly to your baby when feeding him, changing his diapers, and holding him. He may not understand every word, but he will know your voice and be comforted by it.



Encourage Responses.

When you see your baby responding to your voice, praise and cuddle her. Talk back to her and see if she responds again.

Handy Rhymes.

Lay your baby on his back on a soft, flat surface such as a bed or a blanket. Gently tap or rub your baby's hands and fingers while singing "Pat-a-Cake" or another nursery rhyme.

Move to the Music.

With your baby securely in your arms or in a front pack, gently swing and sway to music that you are singing or playing on the radio.

Rock your baby gently in your arms and sing "Rock-a-bye Baby" or another lullaby. Sing your lullaby and swing your baby to the gentle rhythm.

Narrate a Nature Walk.

In nice weather, take your baby on a nature walk through a park or neighborhood. Talk about everything you see. Even though she might not understand everything, she will like being outside and hearing your voice.

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Focus on: *Language Development (cont'd)*

Pair Body Part Names with Touch.

Lay your baby on his back and touch his arms and legs in different places. Make a "whooping" sound with each touch. Your baby may smile and anticipate the next touch by watching your hand. When you make each sound, you can also name the part of the body you touch.

Play Footsie.

Make sure your baby is positioned so that you can touch his feet. Gently play with his toes and feet, tickling lightly. Add the "This Little Piggy Went to Market" rhyme, touching a different toe with each verse.



Simple Conversations.

Take turns with your baby when he makes cooing and gurgling sounds. Have a "conversation" back and forth with simple sounds that he can make.

Sing to Your Baby

Sing to your baby (even if you don't do it well). Repetition of songs and lullabies helps your baby to learn and listen.



Storytime for Beginners.

Read simple books to your baby. Even if he does not understand the story, he will enjoy being close and listening to you read.