


# Building Trust



*I love you  
so much.*

Communicate love through calm, warm body contact, and soothing words.

Responding to your baby in a loving way teaches her that she can trust you.

# Songs and Rhythm Throughout the Day

Make your caregiving actions match the rhythm of a song.

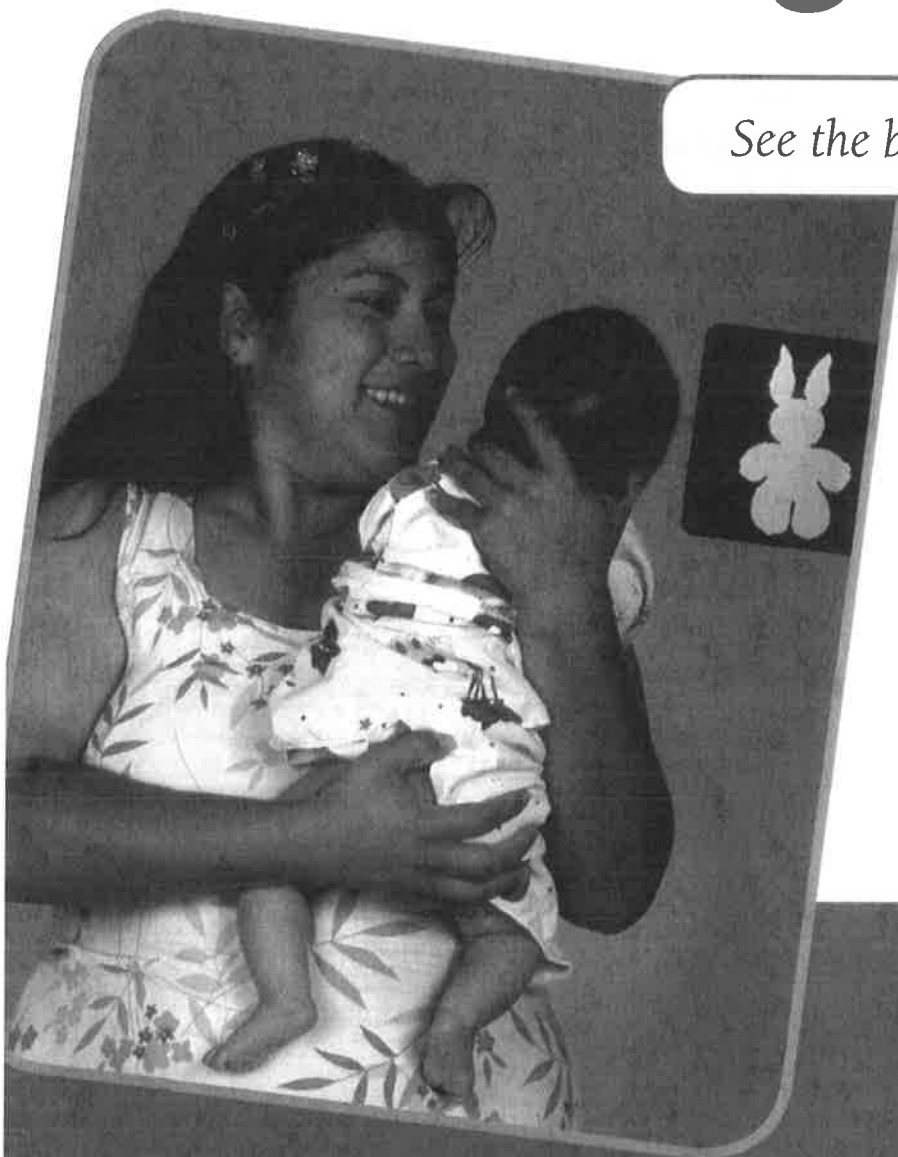
By singing as you care for your baby, you help him learn to love music and feel comforted by soothing rhythm and motion.



*Rub-a-dub-dub.*

# Showing Your Baby Something Interesting

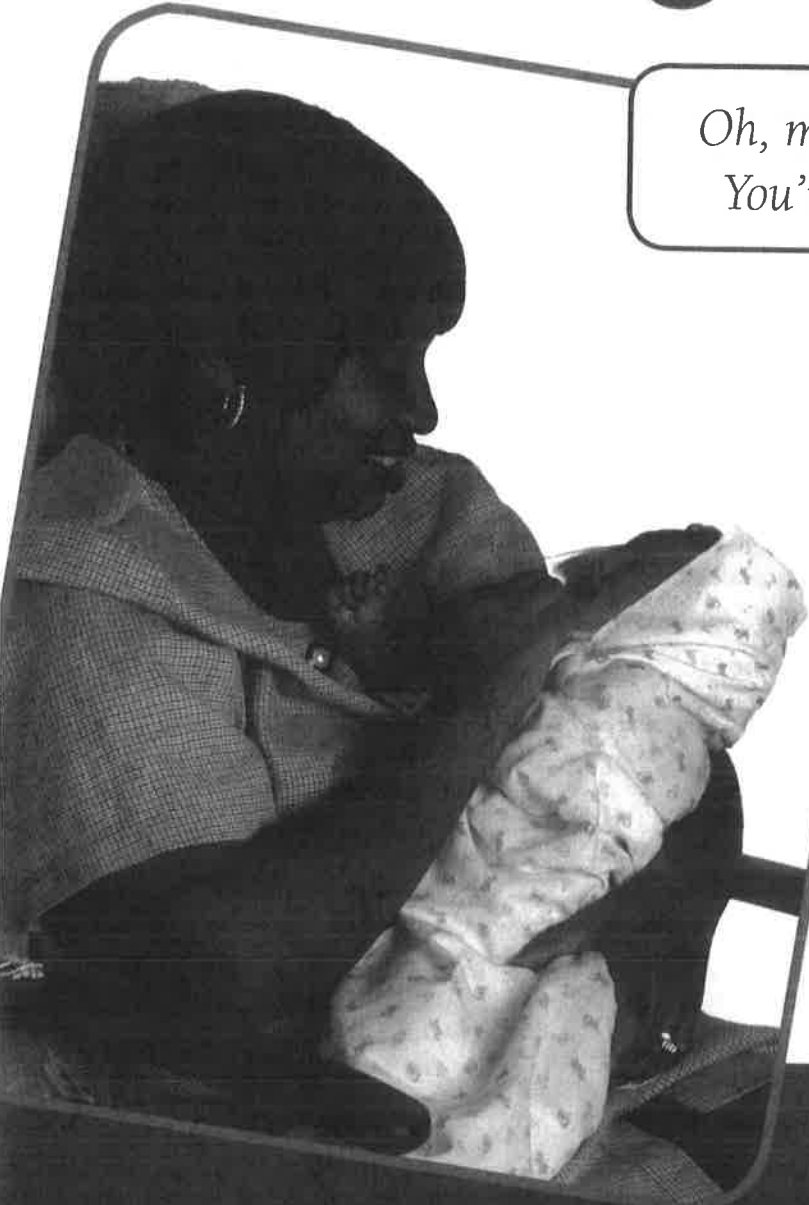
*See the bunny?*



Hold your baby or place him where he can hold his head up and look at interesting things.

This helps your baby learn to use his eyes and control his body.

# Soothing Your Baby

A black and white photograph of a woman with dark hair, wearing a light-colored jacket, smiling as she holds a baby in a stroller. The baby is wrapped in a patterned blanket. The photo is framed by a rounded rectangular border.

*Oh, my little baby.  
You're so sleepy.*

Try different techniques to comfort your baby, such as holding, stroking, talking, and swaddling.

You learn what works best to soothe her, and she learns to trust that her needs will be met.

# Talking to Your Baby

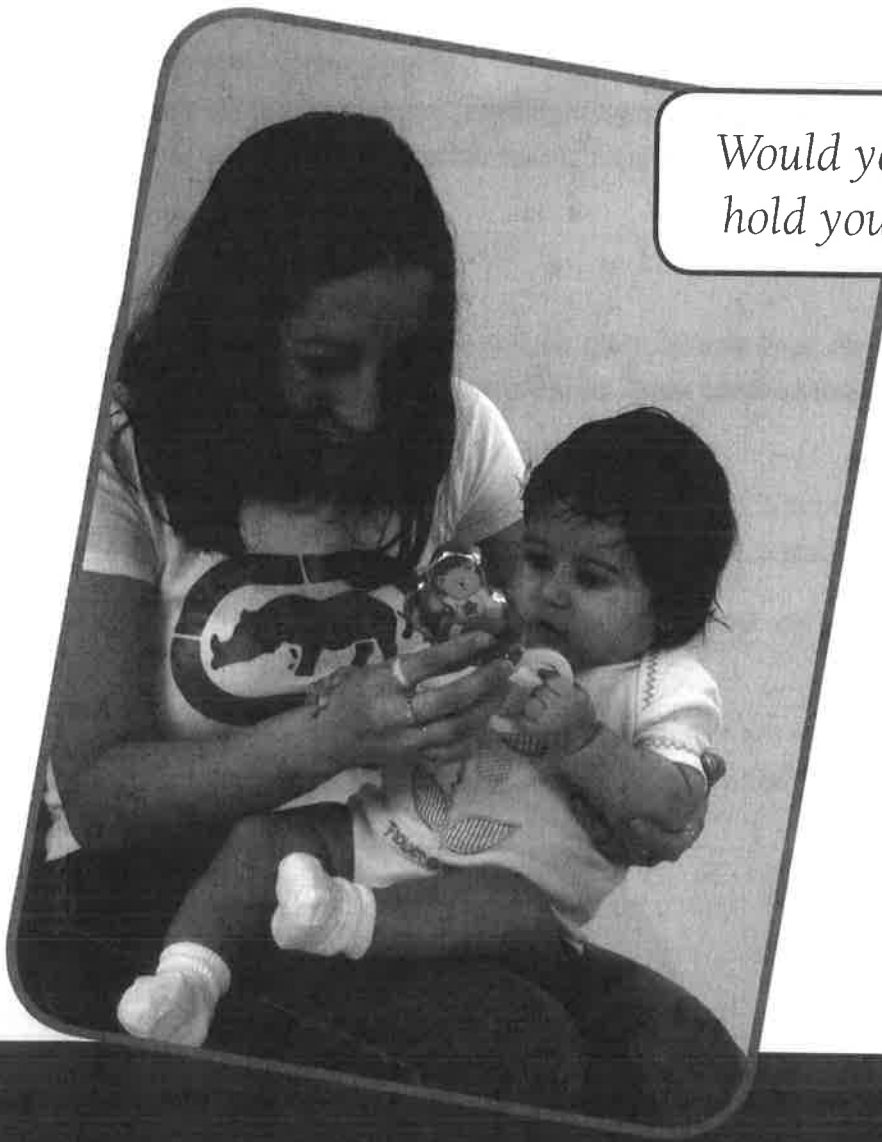
*I hear you  
talking to me!*

*Ahhhh.*

Smile, hold your baby close so he can see your face and lips, and speak to him in a gentle voice.

Watching and listening to you speak helps your baby begin to connect the sound of a voice with mouth movement.

# Holding and Dropping



*Would you like to hold your rattle?*

Offer toys that your baby can close her hand around.

This encourages her to use her hands to grasp and release objects.

# Exploring a Face

*Cheek. That's  
Momma's cheek.*

Name the part of your face your baby touches the moment she touches it.

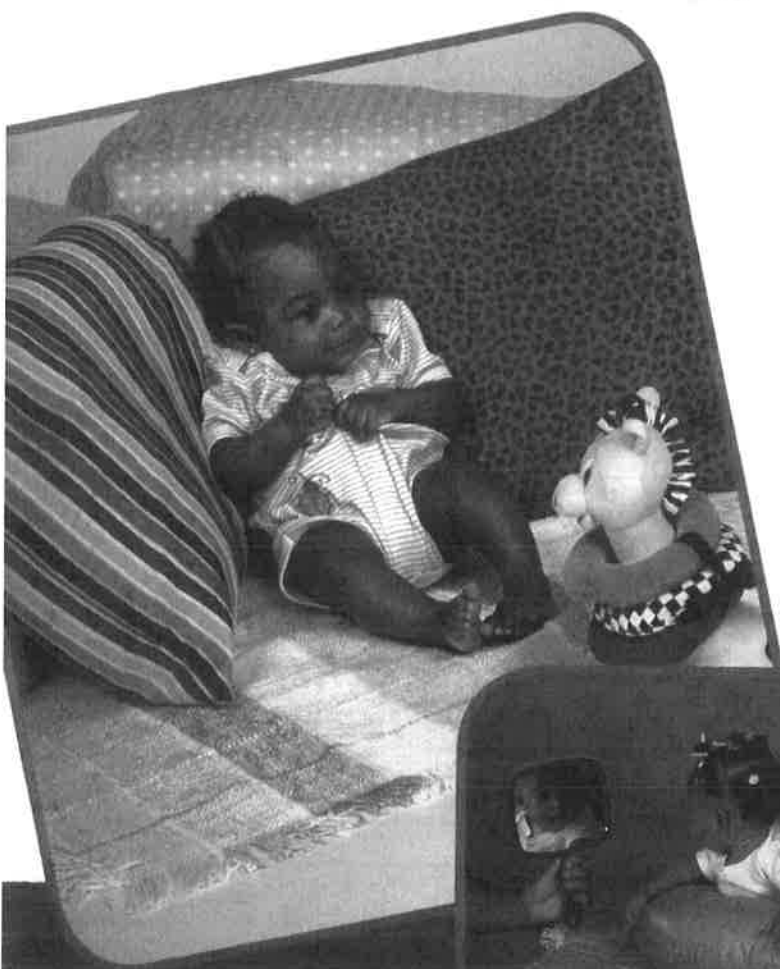
Allowing your baby to explore your face helps her begin to connect the word she hears with the part of the face she feels.



# Propping Up Your Baby

Use a pillow to prop up your baby so she can look around independently.

Propping her up allows your baby to explore more easily with her eyes and hands.



*Who's in that mirror?*



# Peek-a-Boo

*Where's my baby?*

With your baby facing you, talk to her from behind a cloth, and then peek out.

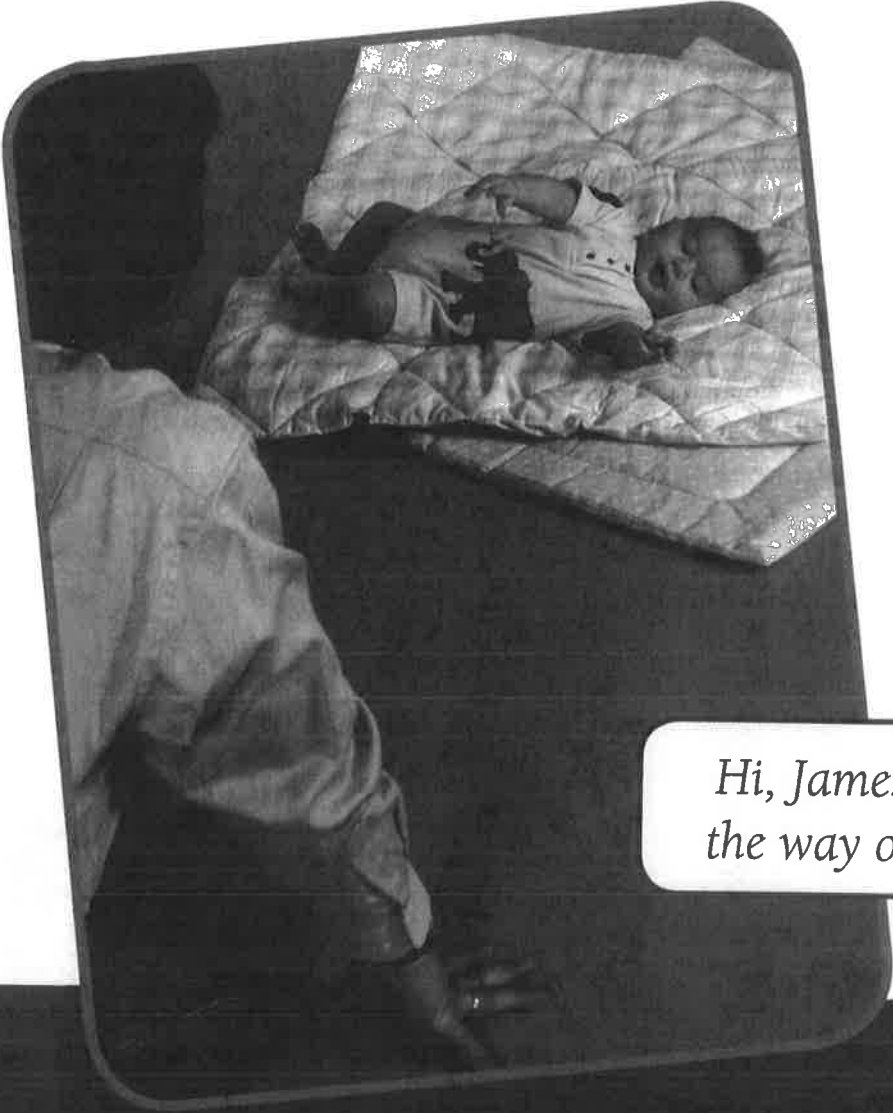
Over time, your baby will learn that you are still there even when she cannot see you.



# Searching for a Voice

Call your baby's name from a distance so he can practice locating your voice.

This helps him learn how to locate the source of a sound.



*Hi, James! I'm all the way over here!*

# Reach for It!

*You're reaching  
your arms so high!*

When your baby reaches for your tie or scarf, use your smile and voice to tell him he did something special.

Your baby learns that you will give him your biggest smile each time he reaches for your tie.


# Watching a Toy Go Out of Sight



*Jingle, jingle...*

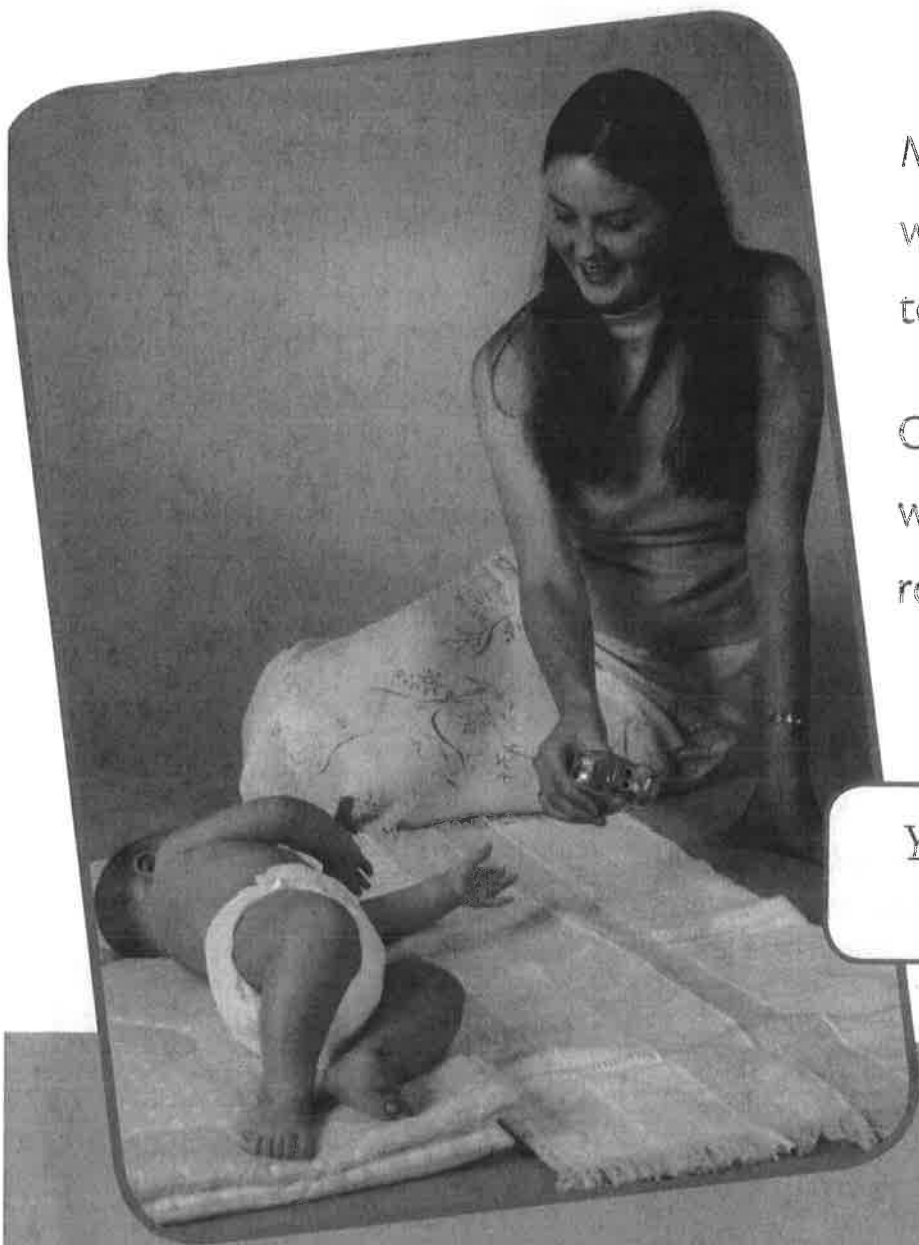
Move a toy out of sight, make a noise with it, and then return it.

Seeing a toy disappear and always immediately return helps your baby begin learning that things are still there when they are out of sight.



*Where did it go?*

# Rolling Over



Move a toy so that your baby will try to turn his body in order to keep the toy in sight.

Offering the child a toy in this way gives him a reason to try to roll over.

*You're rolling over  
to get the toy!*

# Show Feelings

Smile and laugh to show your feelings as you raise your baby and say *up* or lower your baby and say *down*.

Expressing your happiness encourages your baby to join in the expression, too.



*Up, up you go!*

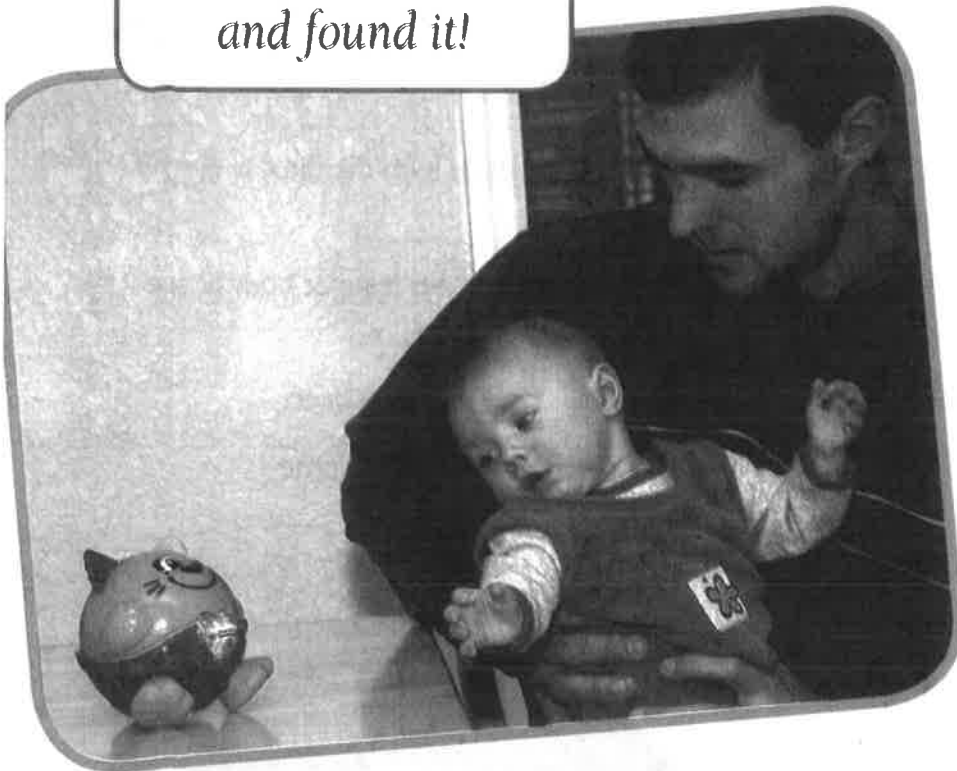


*Down you come!*



# Turn and Find

*You turned around  
and found it!*



Turn your baby so she will need to look behind her body to see a toy.

Changing your baby's position so that a toy is out of sight encourages her to remember the toy and move her body to find it.

# Ride a Horsie

*Ride a horsie  
up and down!*

Do a special action on the same one or two words in a rhyme and see if your baby notices.

Your baby will learn to look forward to certain words and their matching actions.

## What Your Child May Be Doing Infants (Birth–12 Months)

### Social/Emotional Development

Enjoy being held and cuddled

Respond to familiar people by smiling, cooing, and babbling (You are their favorite toy.)

Imitate people's actions

Explore toys by using their senses

Pay attention to sounds and movement

Enjoy playing peek-a-boo

### Cognitive Development

Learn about objects by using all of their senses

Visually follow and respond to moving objects and faces

Like objects with contrasting colors and patterns and those with gentle movement and sounds

Watch their mirrored images appear and disappear

Imitate adult movements and language sounds

Enjoy activity boxes

### Physical Development

Gain control of and move their heads from side to side

Play with hands and feet

Reach for, grasp, shake, mouth, and explore objects they can hold

Move objects from one hand to the other; bang objects together

Roll over

Sit on a blanket, propped at first and then without external support

Crawl to explore

Pull themselves to standing and cruise by holding on to furniture

Roll, hold, and throw balls

Pick up finger foods

### Language and Literacy Development

Ask for care and attention by crying, laughing, and smiling, and through other vocalizations

Vocalize to themselves, other people, and toys

Understand and respond to gestures, facial expressions, and changes in vocal tone

Understand and respond to their names and to very simple, familiar requests

Take turns babbling, talking, and singing with others

Use gestures to communicate, such as pointing and head shaking

Enjoy listening to simple stories, rhymes, and songs

Use their senses to explore books