Count, Group, and Compare

☐ When talking to your baby, use words like big, small, short, and tall.
☐ Look for shapes in the clouds with your child.
☐ Help your child put rocks in groups by size or shape.
☐ Help your baby shake a rattle softly and loudly as you say soft or loud.

Maximize Love, Manage Stress

☐ Make silly faces, laugh, and cuddle your baby.
☐ Sing to your baby to help them fall asleep.
☐ Help your child as they try something new.
☐ Use consistent rules and ways of doing activities so your child will know what to expect.

Explore Through Movement and Play

☐ Put an object under a blanket for your baby to find.
☐ Take a walk outside and look for animals or bugs with your child.
☐ Let your child build a tower with small boxes or plastic cups.
☐ Give your infant “tummy time” to explore the room.

Talk, Sing, and Point

☐ Sing a silly song with your child.
☐ Use real words, not just “baby talk,” to build your baby’s vocabulary.
☐ Point to things in your child’s room and name them.
☐ Sing a special song to your baby at bathtime.

Read and Discuss Stories

☐ Let your child choose a book from the Library and enjoy it together.
☐ If your baby gets fussy while you’re reading them a book, try another one or stop.
☐ Hold your infant in your lap as you read them a book with an expressive voice.
☐ Before opening a book, ask your child what they think it will be about.

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