



## **POINTS TO REMEMBER**

# ***Providing Physical, Visual And Tactile Stimulation To Encourage Your Baby's Brain Development***

- Bathe your baby in language throughout the day—speak “parent-ese”
- Provide visual and tactile stimulation such as rattles, mobiles, and toys with textures, colors and sounds
- Provide physical exercise such as tummy time, cycling, stretches, massages, pull ups, walking motions
- Give your baby a baby massage
- Provide your baby with consistent comfort when upset
- Play games such as peek-a-boo with your baby often
- Sing to your baby
- Modulate the amount of stimulation your baby receives
- Wear your baby in a sling next to your body so she can see the world up high and can feel the rhythm of my movement and heart beat
- Pick your baby up and hold him high
- Look at books together and talk about the pictures
- Let your baby look in the mirror
- Tell your baby you love him and share feelings of joy
- At four months start to gradually structure your baby's day with regular routines for eating, diaper and bedtimes
- Tell your baby how special he is
- Touch your baby in loving ways
- Give your baby opportunities to explore (floor gym)
- Involve other family members in games and physical exercises
- Tell your baby's caregivers what exercises your baby likes to do and what his interests are

**I sing  
and read  
to my baby**

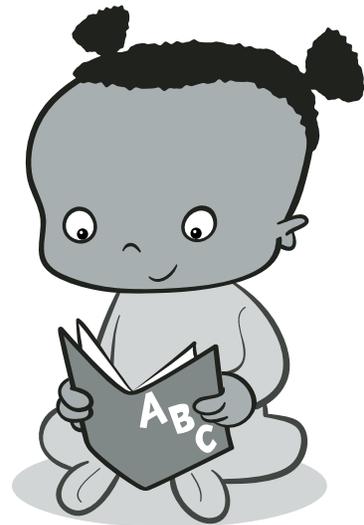




## POINTS TO REMEMBER

### *Reading with Your Baby*

- Read at a quiet time when you are relaxed and comfortable—with TV and music turned off (this prevents over stimulation)
- Hold and cuddle your baby when reading
- Read for a few minutes each day when your baby is alert and has been fed
- If you have other children, read to them while you are holding or nursing your baby
- Point to pictures in the book and talk about them, or make up your own story
- Use “parent-ese” when reading—face to face, sing-songy, higher pitched, slower voice
- For 2–6 month old babies read books with rhymes and songs, or bold pictures, or black and white picture books. Use cloth books that your baby can touch and taste.
- For 6–9 month old babies read books that stimulate senses such as “touch and feel” books, board books, cloth books, teething books, books about daily routines such as bathing, eating, sleeping, and books that label objects and parts of the body.
- For 9–12 month old babies, read books that encourage children to chime in and repeat words (your baby won’t be able to talk yet, but will be interested in the patterns); books that label objects and parts of the body; books that illustrate action words such as walking, running; and books with flaps or noises. This is a good time to incorporate books into your child’s naptime and bedtime routines.
- Remember that children’s attention span for books will vary. Some children may pay attention for 10—15 minutes, while others may be bored after a few minutes. Don’t be discouraged if your child seems distracted at first. Read for a few minutes and then follow your child’s lead to another activity. Come back to reading again and again. Gradually your child’s attention span will increase. Several short reading times are just as beneficial as one longer time.



**I hold and  
cuddle my  
baby**





**POINTS TO REMEMBER**

## ***Baby Alert: Keeping Your Baby Safe During Baths***

- Never leave your baby unsupervised, even for a minute.
- Children can drown in a very small amount of water.
- Gather all your supplies (washcloth, diaper, towel etc.) ahead of time.
- Make sure the bathroom is warm.
- Switch off your phone and don't answer the door when your baby is being bathed.
- Until your baby can sit up unsupported, use a special baby bath.
- When your baby can sit up alone, use a rubber non-slip mat if you switch to the regular bath tub.
- Put the cold water in first.
- Position your baby away from the tap.
- Use a cushioned spout cover so your baby won't bump his head.
- Don't put your baby in the bath when the water from tap is still going.
- Be sure the bath water is warm but not too hot; babies generally prefer a much cooler bath than you do. Be sure to check the temperature.
- Fill the bath with only 2–3 inches of water for babies.
- Use fragrance-free soap and shampoo sparingly (if at all)
- Make bath time fun.

**I help  
my baby  
feel secure  
and safe**

