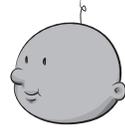




POINTS TO REMEMBER



Encouraging Your Baby's Social and Language Development

- Bathe your baby in language and social interaction throughout the day—talk “parent-ese”
- Listen to your baby and imitate, or mirror, your baby’s sounds
- Sing to your baby
- Notice what your baby is interested in and describe your baby’s actions – be present and focused.
- Name the objects and colors of toys your baby plays with
- Put your baby in a central place in the household where he can see the family action and you can talk to him
- Describe what you are doing to your baby—describe your baby’s actions as well as your own actions and routines
- Describe what you see, hear and smell around the house or outside—use simple words
- Make everyday things such as diapering, feeding, and bath time fun rituals and provide lots of talking
- Tell your baby you love her and share your feelings of joy
- Notice when your baby is distressed, unhappy, sad, happy or curious and name and reflect her feelings
- Read to your baby—your baby won’t grasp the plot but reading helps babies develop speech and thought
- Take time to cuddle. Balance stimulation with quiet time. Gentle kisses can help your baby feel safe and loved
- Love and show joy to your baby
- Smile at my baby, and watch my baby smile back
- Provide predictable responses

**I sing
and read
to my baby**



Speaking “Parent-Ese”

- Face-to-face contact (12 inches from baby’s face)
- High pitched, sing-song voice
- Slow rhythm
- Short phrases
- Clear articulation
- Repetitive
- Exaggerate facial expression (big smiles)
- Lengthen vowels (ooooh—sooooo)
- Longer pauses between verbalizations (wait for baby’s response)
- Praise and positive feedback (that’s right!)
- Use an animated voice tone



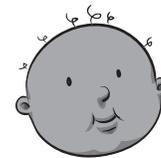


POINTS TO REMEMBER

Social and Emotional Developmental Milestones (1-6 MONTHS)

Remember your baby will develop at his own unique pace. Consider these general developmental milestones.

- Stares at faces (1 month)
- Follows objects with eyes (1–2 months)
- Vocalizes oohs, aahs, gurgles (1–2 months)
- Smiles and laughs (2 months)
- Notices hands (2 months)
- Recognizes parent's face (3 months)
- Squeals, gurgles, coos (3–4 months)
- Visually tracks objects (3 months)
- Recognizes parent's voice (3–4 months)
- Baby recognizes own name (5–6 months)
- Coos when you talk to him (4 months)
- Initiates "baba" (5 months)
- Ready for solid foods (6 months)
- Plays with hands and feet (5 months)
- Baby can recognize happy, sad or angry tones of parent's voice (6 months)
- Baby likes familiar language, songs, rhymes, greetings, games repeated (all months)
- Can recognize a few words besides his name ("all done") (6 months)
- Imitates sounds (6 months)
- Babbling begins (5–6 months)
- Mouths objects (6 months)
- Separation anxiety may begin (6-7 months)



Promoting Your Baby's Cognitive and Language Development

Speaking "parentese"

Provide visual stimulation

Mirroring baby's sounds and expressions

Modeling social behaviors & language

Musical activities and games

Give baby soft things to touch

Nurturing feeding

Gentle touching

Read picture books

Baby aerobics

Singing love songs and rhymes

Positive tone of voice

Describing actions and naming objects

Tactile stimulation—rocking, massaging, swaddling

Emotion coaching

