

SOCIAL-EMOTIONAL ACTIVITIES FOR INFANTS FROM BIRTH TO 6 MONTHS OLD

<p>Sing lullabies and tell your baby nursery rhymes. Use a soft and gentle voice when you talk to him.</p>	<p>When your baby is a newborn, show her black-and-white pictures. Place them close to your baby (8–10 inches) so that she can look at them.</p>	<p>Let your baby hear new, gentle sounds. Quiet musical toys or soft bells will be interesting to him.</p>	<p>Hold your baby and look in her eyes and smile. Gently rub and touch her and tell her how much you love her.</p>
<p>If your baby cries, pick her up and tell her you love her. She may be hungry or uncomfortable.</p>	<p>Talk to your baby about things he is seeing, hearing, and feeling. Talk softly and gently to him during routines of the day.</p>	<p>Talk to your baby about things she seems to like or dislike. "You don't like that big noise, do you?"</p>	<p>Let your baby lie on a blanket on the floor and get down on the floor with him. See the world from his point of view.</p>
<p>Make life interesting for your baby. Introduce new sounds and places to him from the safety of your arms.</p>	<p>Praise your baby often. Tell her how strong she is getting and what a sweet girl she is. Tell her you love her.</p>	<p>Begin to play simple games with your baby such as Peekaboo. You can put a cloth over your head and peek out.</p>	<p>Introduce new, safe* objects for your baby to explore. Simple objects such as plastic cups and big wooden spoons are all new to her.</p>
<p>Place interesting objects on the wall close to your baby's bed or close to her line of vision. Simple pictures from magazines are great.</p>	<p>It's never too early to start reading books with your baby. Choose simple books first and talk about the pictures he sees. Cuddle up close.</p>	<p>Learn your baby's special language. She will "talk" to you with sounds and gestures and let you know when she is happy, uncomfortable, or hungry.</p>	<p>Gently rock your baby and dance with him to music. Your baby will love to move like this and be close to you.</p>

*Be sure to review safety guidelines with your health care provider at each new age level.

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