### Let’s Talk
**Language & Communication Activities**
1. Name the part of your face that your baby touches when you are holding them close.
2. Imitate sounds that your baby makes especially Da-Da and Ma-Ma.
3. Sing familiar songs and nursery rhymes with your child. [https://www.youtube.com/watch?v=X6rzXuQMASY&t=20s](https://www.youtube.com/watch?v=X6rzXuQMASY&t=20s)
4. Read a book to your child. Show your child the pictures. Describe the pictures that you see.
5. Make up songs with your child and sing during care routines. (Diaper changing, bathing, dressing, etc.)

### Brain Works
**Cognitive Development Activities**
1. Encourage your baby to put objects into a box/bowl, dump them out and repeat actions again.
2. Encourage curiosity by placing several toys in front of your baby and allow them to explore.
3. Show your baby family photos and talk to them about the photo. Listen to see if they babble or try to respond.
4. Touch and name parts of the body. (Nose, ears, eyes, etc.)
5. Encourage your baby to put objects into a box/bowl, dump them out and repeat actions again.

### Body Works
**Physical Development Activities**
1. Invite your baby to practice dropping objects (block, small car, ball, etc) into a plastic Tupperware bowl.
2. Hold toys in a variety of positions to encourage your baby to stretch and reach for toys.
3. Attempt to push and pull a rolling toy after you show them how it works.
4. Attempt to turn pages in a book while you are reading together.
5. Attempt to push and pull a rolling toy after you show them how it works.

### Friends & Feelings
**Social & Emotional Development Activities**
1. Hold your baby close and sing softly to them while rocking them back and forth.
2. Hold your baby facing you and sing a familiar song. Use hand motions as you sing. Watch for your baby to imitate you.
3. Explain your baby’s emotions throughout the day. “I see you getting upset, you must be hungry.”
4. Take a few minutes for you today! Take care of yourself during this time.
5. Show your baby different pictures and notice when they smile. Explain what pictures they are smiling at.