

Problem Solving

Activities to Help Your Baby Grow and Learn



Your newborn baby can do amazing things. Your baby can see your face when you hold her close. She can hear your voice. She can hold your finger in her hand. Your baby's brain is growing very fast, and play is very important for her brain development. Right now play is about interacting with you and very simple objects or toys. In the first months, your baby can only see things that are about 8–10 inches away; everything else is fuzzy. Your baby's brain is taking in sounds she hears from the very beginning. Very soon she will begin to understand simple words.

Circles and Waves

You can make a simple picture for your baby to look at. Use a piece of cardboard and nontoxic black or red markers. Draw thick, simple, large lines with curves or circles. To help him focus, bring it close (about 10 inches). Wow. That is cool!

Rattles and Rainbows

When your baby is lying on her back, hold an object about 10 inches above her head. A rattle that makes a little noise will help get her attention. Slowly move the object back and forth in a rainbow arch from side to side. You can also make a rainbow from her belly to above her forehead. Your baby will watch the object with her eyes.

Look at Me!

Hold your baby close to your face. Smile, stick out your tongue, or make a silly face. Do this slowly so baby can take it all in. Watch what he does!

Simple Stories

At quiet times and before sleep, talk to your baby in a soft, gentle voice. Tell her simple stories or talk about the day. She will not understand you at first, but she will very soon. What she will love is being cuddled and looked at and listening to your voice.

Sing to Me

Baby will love to hear your high, sing-songy voice. Talk slowly in a high voice. You do not have to talk "baby talk." You can look at a picture book and talk about the pictures. Or just talk! He will soon begin to make sounds to talk to you.

Lap Time

After a few weeks, your baby can hold her head up while you hold her in your lap. Put new things close to her to look at on the floor or the table. She will enjoy seeing these things up close. Tell your baby what she is seeing: "Cup. That's your cup." "Look, here is your sock."

Notes:



Don't Forget! Activities should be supervised at all times by an adult. Any material, food, or toy given to a young child should be reviewed for safety.