



FUN FOR YOU & BABY

TIPS FOR EXPECTING & NEW PARENTS

Let's Talk About It:

Children start to recognize sounds from even before they are born. Parents and future caregivers alike can talk out loud to them about the world around them, feelings about becoming a parent or hopes for baby when they arrive. Share your favorite tunes.

Tummy Time:

Join baby on the floor and encourage them. Lay baby on your tummy for extra bonding time. Prop open a picture or touch book or safe mirror for added interest.

Let's Dance:

Sway or jiggle to a variety of music. Take care in holding your child's head/neck and do not shake your baby.

YOU are my sunshine, my only sunshine:

Sing a classic tune and include your child's name.

Picture This:

Reflect on your baby's growth by taking a photo in the same position surrounded with similar props once a month for a year.