SHARE BACK-AND-FORTH CONVERSATIONS

Even if your baby doesn't say words yet, listen to the sounds he makes and respond.

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CONNECT WITH YOUR BABY

Look your baby in the eye and smile as you change her diaper—your loving expression lets her know you care.

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USE WORDS TO DESCRIBE WHAT YOU ARE DOING

You might say, "Wow, I'm lifting your tummy up, up, and down, down, down.

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TUNE INTO YOUR BABY'S FEELINGS

You might ask, "How do you feel?" Use words like happy, sad, or tired.

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PIQY PEEL-A-BOO WITH YOUR BABY

Play peek-a-boo with your baby. Make it fun and silly.

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SING TOGETHER

Sing "Head, Shoulders, Knees, and Toes" as you point to those parts of your baby's body.

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