



# COOPERATIVE EXTENSION

*Bringing the University to You*

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## Communicating With Your Baby Through Play

Birth to 3 months



Fact Sheet 92-08

- **awareness...** During the first three months baby is aware of the many fascinating sights, sounds and smells all around.

She likes to hear soft music, simple songs, and most of all your voice.

She enjoys looking at colors and moving objects.

She can turn her head to listen to a sound.

She especially likes looking at your face, your smile, and your eyes.

Above all, she likes to be held, snuggled, and stroked.

- **playing with your baby...**



Sing baby a soft lullaby like:

Rock-a-by baby, in a tree top.  
When the wind blows, the cradle will rock.  
When the bough breaks, the cradle will fall.  
And down will come baby, cradle and all.

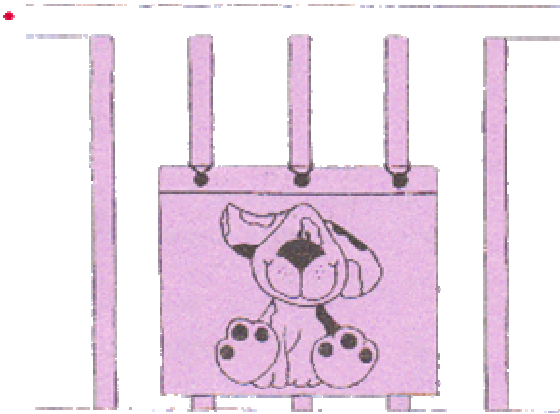
Hold him and look at his eyes and face. Smile at him. He will soon learn to smile back.

Put up a few bright pictures in his crib or on a nearby wall for him to look at.

Gently rub his stomach, face, hair, arms, and legs. Feel how soft he is!

how about...

...an art galaxy.



Take a plastic sheet protector made for a 3-ring notebook. Tie it securely to the side of the crib by running string through the pre-made holes. Draw simple pictures such as:

a face

a bulls eye

a checker board

stripes

you can also cut simple pictures from magazines

Put one picture inside plastic so she can see it. Change pictures often.

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#### *He or She?*

*We give equal time and space to both sexes! That's why we take turns referring to babies as "he" or "she." So keep in mind that even if we say "he" or "she" we are talking about all babies.*

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[Communicating With Your Baby Through Play 3 to 6 months](#)  
[Communicating With Your Baby Through Play 6 to 9 months](#)  
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