See What Your Child Sees
New world, new objects.
Help your baby figure it all out.

- Watch your baby test and explore his five senses:
  - Is it heavy or light, hard or soft, smooth or rough, furry?
  - What sound does it make?
  - Does it have a smell or taste?
  - Does it look the same as I turn it?

Back-and-Forth
Talk to baby about what he does and sees while exploring.

- Show the baby how things fit together - blocks stack, books open and close, string pulls something
- Encourage things they do by clapping, smiling, praising with expression
- Play finger games—Itsy-Bitsy Spider, Pat-a-Cake, So Big, This Little Piggy, etc.
- Talk and sing; repeat any sounds they make. Mimic what they do
- Baby knows best. Babies know when and how much to eat.
  - Hungry: makes sucking motions, clenches hands, turns heat toward nipple.
  - Full: baby will relax, turn away, release the nipple.
Play! Explore! Learn!  
The brain grows fastest when the baby is trying to figure out new things.

- Tummy time: encourage belly time each day. Place favorite toys just out of reach to help baby stretch, kick and roll.
- Hold baby’s fingers. He can sit, stand, and “walk.” Help him practice.
- Limit time in car seats, strollers, bouncy seats and high chairs.
- Wait to start solids until baby can sit up without support, reach for items, and bring food to his mouth.
  - Let baby play with each new food.
  - Let baby play with and “use” a spoon and cup.

Routines
Help baby relax by doing the same activities each day.

During the day:
- Encourage time on the floor to explore.
- Spend time together, face-to-face.
- Use the “magic of everyday moments” to connect with your baby.

Before sleep:
- Set the tone: calm, cool and quiet
- Same activities each night: bathe, feed, rock or read in low light

Expect baby to sleep 16-18 hours per day, with naps.

By 6 months, your baby will learn to sit without support and freely roll both ways. Baby will be able to reach, grab an object, hold it and move it from hand to hand. He will first explore an object by putting it to his mouth and study it. Enjoy baby’s babbles, whole body laughs, and love of play.

Resources:
- Good4Growth.org - practical tools and tips to help create healthier, smarter kids
- HealthyChildren.org - parent resources from the American Academy of Pediatrics
- Zerotothree.org - resources focused on advancing the healthy development of babies and young children