



# 10 Activities to Connect With Your Baby or Toddler

1. When playing with infants, all you need is your baby and your attention! Talk to them and make lots of eye contact.
2. Give your child a tour of a room, describing each item you see.
3. Read a book while making funny voices and sound effects. Even babies love to be read to!
4. Your voice is your baby's favorite sound. Sing nursery rhymes, lullabies, or any kind of song to build a stronger bond with them.
5. Dance to fun music while you hold your baby to your chest. Ask your toddler to show you their favorite dance moves!
6. Go for a walk. Use your 5 senses to describe things along the way to help your child learn words for the world around them.
7. Play games, such as peek-a-boo or rolling a ball to them and asking them to roll it back.
8. Explore textures by allowing them to play with different types of food in their high chair.
9. Blow bubbles, and let your child pop them.
10. Make musical instruments with items from your pantry, like a wooden spoon and a pot.

**Remember that crying is normal. If you feel frustrated, it's OK to leave the baby in a crib or safe place while you take some deep breaths.**



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