



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.



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10 Ways to Soothe Your Crying Baby

1. Turn on white noise to remind your baby of what it sounded like while in the womb or mimic the sound by holding your face close to your baby and saying "shhhhhh" for long breaths.
2. Practice "Kangaroo Care" or skin-to-skin contact while holding your baby.
3. Take a warm bath with your baby or give your baby a warm bath.
4. Take your finger and gently stroke your baby's eyebrows to induce the human instinct of closing your eyes when something comes near them.
5. Lay your baby on their back and gently massage their body starting with their head, then moving to their arms, belly, and legs.
6. Dim the lights and limit any loud noises to remind your baby of the feeling of the womb.
7. Lay your baby on your chest and slowly repeat the phrase "ohm" to create a calming vibration.
8. Sit on an exercise ball and gently bounce while holding your baby.
9. Lay your baby on your forearm (face up or down and be sure to safely cradle their head and neck) to put pressure on their tummy to help relieve gas, if your baby's tummy is upset.
10. Gently pat your baby's back or bottom in a consistent rhythm like a heartbeat.

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.

