

AT-HOME TIPS to make the most of everyday moments with your baby



Everyday routines with your baby can be more than “routine.” Whether it is mealtime, changing diapers, or play time - turn everyday moments with your baby into valuable, brain-building moments.



MORNING

GET DRESSED

Tip



Lip Lesson

As you dress your child, copy the sounds you hear them make, like “ah, eee, ooo, bee, dee.” How do they respond? As you make a sound, place their fingers on your lips so they can feel the vibrations and movements of your lips. Try different sounds as you do!

Brainy Background

Touching and listening to sounds fosters your child's interest in listening and communicating. It's never too early to begin playing back and forth with sounds. It won't be long before you're having back and forth conversations with real words.



AFTERNOON

DIAPER CHANGE

Tip



Diaper Song

When you're changing your child's diaper, sing about what you're doing. Watch them and copy the sounds they make so you can create a song together. Your song plus their sounds can become your own Diaper Song for changing time!

Brainy Background

When your child hears new sounds and sees you respond to the sounds they make, they can become focused and engaged. This enables them to learn new words and sounds that will help them learn to talk and read in the future.



EVENING

DINNER

Tip



Hand Talk

Show your child how to tell you they're feeling hungry by touching their hand to their mouth or rubbing their belly. If you do this over and over and then give them food while saying the word “hungry,” they will pick up the symbol and learn to talk to you with their hands.

Brainy Background

Children can express themselves with their hands (for example, by pointing) long before they can use words. Helping them learn to use “Hand Talk,” will help them learn to communicate with words in the future.



MORNING

ACTIVITY

Tip



Daily Discoveries

What is your child doing? Reaching for a toy? Hitting two blocks together to make a sound? As they discover their world, pay attention, smile, and use words that they will learn someday: "You reached out your fingers and got your toy."

Brainy Background

When you pay attention to what your child does and share their delight in doing and learning, you start them on the path to become a lifelong learner.



AFTERNOON

SNACK TIME

Tip



It's a Bird, It's a Plane

During snacktime, tell your child their finger food snacks are airplanes and make them "fly" around until they open wide so you can land them in their mouth. Make plane noises and talk about whether it is flying high, low, or in circles.

Brainy Background

Your child is learning to focus by watching you bring their food to their mouth. As they learn to feed themselves, they can also pretend their food is flying into their mouth.



EVENING

BATH TIME

Tip



Skin Sensations

Talk to your child about how things feel on their skin: "Your shirt is soft." "The wind is cold." "The ice cube is slippery." See how they react and continue the conversation: "You like the warm water in your bath!"

Brainy Background

When you talk back and forth with your child about how things feel on their skin, you're introducing them to new words and feelings. This helps make new connections, which are the foundation for learning to use these words themselves in the future.



Visit WeAreBrainBuilders.org for more information on brain building tips to make the most of everyday moments with your baby.