



Let's Talk About Your Day

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Follow your baby's interests and narrate what they see, hear, and do. Add playful voices and simple object movements to turn everyday moments into little conversations.

Helps Your Child Grow



Attending and Understanding

Following your baby's attention and describing what they see or hear helps them stay engaged in a back-and-forth exchange and connect words with the world around them.



Gross Motor

Talking during tummy time gives your baby a motivating reason to lift and turn their head while using large muscles.



What You'll Need



Crib mobile

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1. A crib mobile



Notice with the Senses

Notice what has caught your baby's attention and follow their gaze. Describe the new sight or sound, then invite them to reach toward or touch a nearby object so they can explore with more than one sense.

Observations

- Grows quiet and looks at your face while you speak
- Tracks the object as it moves

Tips

- Color, pattern, texture, and sound all give you something simple to talk about.
- Invite your baby to touch the object and describe how it feels. This gives them an opportunity to explore #PMP-Per.
- In everyday moments, notice what interests your baby and begin the conversation there.
- Wherever your baby's gaze settles is a wonderful place to begin a conversation.



Make the Toys Dance

When your baby looks at the crib mobile, make one hanging toy into a performer. Move it slowly from side to side, make it “jump,” and add a short, playful voice as if the toy were alive.

Observations

- Waves their hands and feet in response to you
- Shows enjoyment while playing with you

Tips

- Try an animal sound or move the toy slowly toward your baby like a walking lion.
- Use slow, clear movements and a rhythmic voice so your baby can follow the action with their eyes.
- Watch your baby’s face and listen for sounds. When they coo or smile, answer with a short phrase so the exchange continues.



Be the Narrator

During tummy time near a window, follow the sounds and sights that catch your baby's attention. Describe what they are watching or doing like a friendly commentator, and add playful sound effects. Keep noticing your baby's state so the conversation feels responsive and connected.

Observations

- Pauses briefly on hearing a sound outside the window
- Lifts their head during tummy time to look outside

Tips

- Turning away, fussing, lowering the face, slowing down, or crying may show that your baby needs a break from tummy time.
- Wide eyes, a pause, turning toward the sound, a smile, or a coo may show that your baby is engaged.
- Let your baby's gaze and reaching guide the exchange. Respond to what interests them.
- Babies learn through repetition, so repeat a favorite sound or game while your baby continues to enjoy it.