



Little Everyday Discoveries



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Explore everyday life with your baby and help them notice themselves, other people, and the world around them.

Helps Your Child Grow



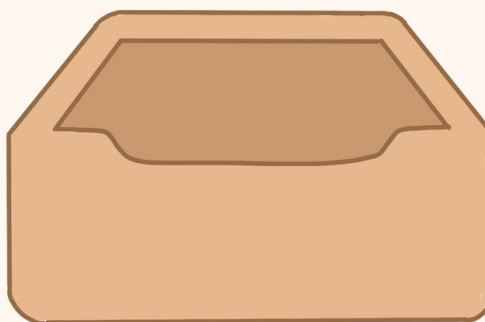
Exploration and Discovery

Following what interests your baby in everyday moments gives them opportunities to notice and explore new details in familiar life.



Relationships with Adults

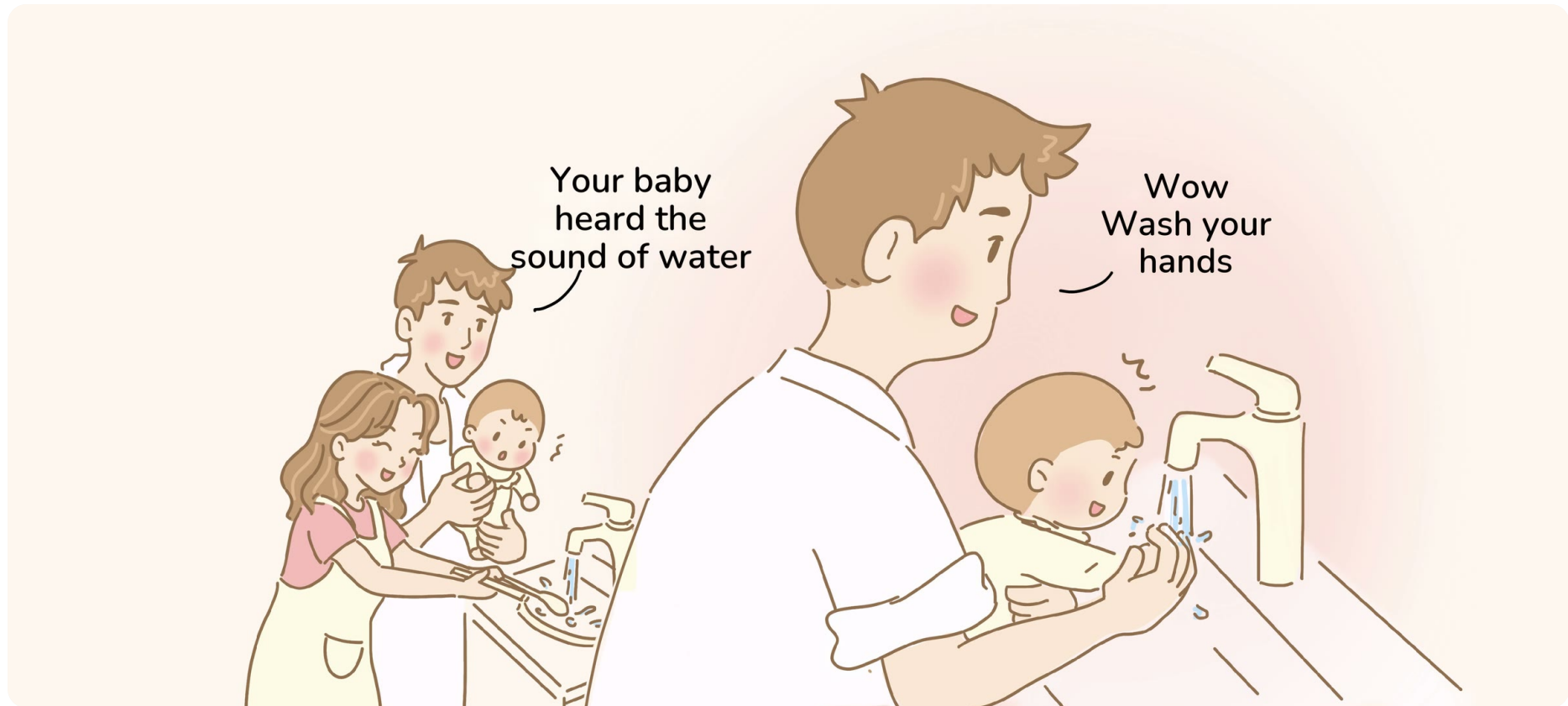
Sharing attention and discovery with you helps your baby experience being understood and emotionally connected during everyday moments.



No materials needed

What You'll Need

No materials needed.



An Everyday Discovery

Everyday moments that feel ordinary to you can be full of novelty for your baby. When a sound makes your baby turn or look around, carry them closer to see and touch its source. Give them time to experience their discovery.

Observations

- Touches the water and feels it flow over their hand
- Turns toward the sound of running water

Tips

- Turning the head, holding a gaze, or waving the arms and legs can all signal that your baby is exploring.
- At two months, your baby can develop #C-EnD through sights, sounds, and touch when you stay close and respond to what they notice.
- When your baby is focused on something new, stay with their attention. A few simple comments and a shared look can help the exploration continue.



Food Can Change Too

During an everyday task, hold your baby where they can watch and listen. If something interests them, bring it within reach so they can touch or gently squeeze it. Direct sensory experience gives your baby an active way to explore the world.

Observations

- Shows interest while exploring something new with you
- Holds the fruit and squeezes it

Tips

- Tap an apple gently so your baby can watch and hear it. You can also cut the apple slowly and let your baby compare the whole apple with the cut pieces.
- Staying with what has caught your baby's attention and responding to it helps them become familiar with an object's features.



Feel the Invisible Wind

Create additional opportunities to notice the world. In suitable weather, open a window and hold your baby while you feel the breeze together. Watch how the curtains or leaves move and describe the changes your baby notices.

Observations

- Blinks after feeling the breeze
- Lifts their head during tummy time

Tips

- Follow your baby's attention, move closer, and experience the moment together.