



# Activities



## FUN & EASY SOCIAL-EMOTIONAL ACTIVITIES

Try these activities with your 2-month-old—a great way to have fun together and support your child's social-emotional development.

Sing songs you remember from childhood to your baby. Hold your baby close in your arms or in a baby carrier. Gently dance with your baby.

With your baby on her back, take a tissue and wave it above your baby for her to see. Tissues also can fly, float, and tickle parts of your baby's body. See how your baby responds. If she fusses, then stop playing.

If your baby cries, find out what he needs. He is letting you know something with his cry. When you respond, he learns to trust you are there for him. You cannot spoil your baby at this age.

Hold your baby and put your face close to hers. Make silly faces. Smile at your baby. Stick out your tongue. Yawn. Wait a few seconds and see if she tries to repeat your actions back to you.

Step back from your baby so he cannot see you. Gently call his name. Watch what he does. Does he stop moving for a moment? Does he try to move his head toward your voice? Pick him up. Say, "Here I am."

Place interesting things close to her bed for her to look at. Hang objects or toys out of reach. Tape simple pictures from magazines on the wall.

Introduce new, safe\* objects for your baby to explore. Simple objects such as plastic cups and big wooden spoons are all new to him.

*\*Be sure to review safety guidelines with your health care provider.*

Talk to your baby about what she is doing, seeing, hearing, and feeling. Say, "I am changing your diaper. You will like being nice and dry. I love you!"

