

# Meal Time with Babies

## Play with your baby

- Use magnets to hold photos on the refrigerator and talk about them with your baby.
- Talk with your baby while preparing meals. Say aloud what you are doing.
- Use plastic bowls, measuring cups and plastic spatulas as fun toys for babies.
- Give your baby cubes of Jell-O to play with and sing: “Jell-O on the table, Jell-O on the table, wobble-wobble, wobble-wobble, Jell-O on the table!”
- Give your baby a muffin tin and fill each section with a treat or toy.
- Fill small plastic containers with cereal or uncooked rice and use a tight lid. This makes a fun rattle for baby to shake. Show your baby how to play and say “shake, shake” each time your baby shakes the container.

## Talk and rhyme with your baby

Two little eyes to look around (*point to eyes*)

Two little ears to hear each sound (*point to ears*)

One little nose to smell what's sweet (*point to nose*)

One little mouth that likes to eat! (*point to mouth*)

## Sing with your baby

Pat-a-cake, pat-a-cake, baker's man.

Bake me a cake as fast as you can

Roll it, pat it, mark it with a "B"

And put it in the oven for baby and me!

