

Outside with Babies

Play with your baby

- Take a walk with your baby and point out trees, flowers, animals, houses and cars. Talk about what you see.
- Let your baby touch lots of textures outside -- tree bark, grass, brick and cement.
- Go bird watching with your baby and listen for bird songs. Whistle like a bird and watch your baby smile. Make other animal sounds.
- Talk about the different sounds outside -- airplanes, cars, lawn mowers or barking dogs.

Talk and rhyme with your baby

Sing to the tune of “Row, Row, Row Your Boat:”

Clap, clap, clap your hands

Slowly every day (clap your hands slowly)

Merrily, merrily, merrily, merrily (keep clapping)

Then we shout, “Hooray!” (jump up and down and shout hooray slowly)

Sing with your baby

Sing “Twinkle, Twinkle, Little Star” while looking at the sky together.

Twinkle, twinkle little star
How I wonder what you are
Up above the world so high
Like a diamond in the sky
Twinkle, twinkle little star
How I wonder what you are

