This Game Develops Bonding:

As your child grows older, she may ask to play this Game.

On the word "you", kiss a part of her body—head, nose.
As you rock, say the words: "Snuggle, snuggle, I love you.

Hold your baby in your arms and rock her back and forth.

I Love You, Snuggle, Snuggle!

Newborn Games

1. Monthly Growth

2. Monthly Activities

Research Says

What Brain

When she is one, she will be more secure, and she will call it "dada, snuggled".

Research shows

What Brain

Parents

- I want to be
- I want you

Research Says

What Brain

are formed. The
environment that
supports and
stimulates your
baby will shape
his or her future.

Research Says

What Brain

1. Monthly Growth

2. Monthly Activities

Research Says

What Brain

When she is one, she will be more secure, and she will call it "dada, snuggled".

Research shows

What Brain

are formed. The
environment that
supports and
stimulates your
baby will shape
his or her future.
Nonverbal Games

Blowing on their elbows, fingers, neck, cheek, and toes.

Then kiss your baby's palms.

Here are the baby's palms.

This game helps an infant become aware of the different parts of her body.

Research says

WHAT BRAIN

MONTHS

BIRTH TO 3

The Blowing Game

Blowing words in a singsong chant:

Blow gently on your baby's palms. As you blow, say the fol-

Research shows

What brain

MONTHS

BIRTH TO 3
Where Did It Go?

Hello

10

M O N T H S

B I R T H T O 3

Research Says

What Brain

10

Research Says

What Brain

7

M O N T H S

B I R T H T O 3

The game and ready to rest or play something different.

Note: As with any game, watch for signs that your baby may be tired or

capacity grow!

Play this game often. You are helping your baby's brain.

It with her eyes.

Keep moving it back and forth to encourage her to follow.

Slowly move it to one side.

When you are sure that your baby is looking at the scar.

Slowly move it around and talk about how bright it is.

Hold a brightly colored scar in front of your baby.

Parts of baby's face: ears, eyes, cheeks, lips.

Repeat this poem and change the last two lines to different

Kiss baby's nose.

Hello, hello, I'll kiss your little nose.

Touch baby's nose.

Hello, hello, I'll touch your little nose.

Hello, hello, my fingers they can touch.

Hello, hello, I love you very much.

Say the following poem with your face close to your baby's

When your baby sees your face, she will be content.

Research Says

What Brain

9

Research Says

What Brain

6
Babies love to imitate sounds they've heard.

Put the rattle in your baby's hand and sing the song again.

Continue moving the rattle to different places in the room and watch as your baby moves her head in the direction of the sound.

Slowly move it to one side and sing the song again.

When you are sure that your baby is watching the rattle, shake it back and forth. As you shake the rattle, sing any song or the following:

Put a rattle in front of your baby and shake it gently.

Here are some ideas:

Try different facial expressions and sounds to develop your baby's vision and hearing. By two months, babies can distinguish features on a face.

Research says what brain 12 months from birth to 3 months.
Tongue Tales

Very young babies will often try to stick out their tongues.

Repeat the above and make a different sound.

Put your tongue back in.

Stick out your tongue and make silly noises.

Look into her eyes and stick out your tongue. While it is...

Hold your baby in your arms.

End a rhyme with some kind of a cheer. Your baby will...

Hip! Hip! Hip! Hooray!

Bending, bending, bending.

Knee’s are bending, bending, bending.

As you do this rhyme, sing the following to the tune of "Ring Around the Rosy."

She will point her toes downward and bend her knees.

When her legs are straight, lightly tap the bottoms of her feet.

Until they are straight.

Place your baby on her back and carefully pull both legs...

Brain

Research says what brain...
Clap your hands together.
Put your hands on Mommy's face (substitute face as you do this; say the following poem:
Take your baby's hands and gently clap them in front of his face. They watch and watch and finally discover that they can make them appear and disappear.
They watch and watch and finally discover that they can make them appear and disappear.

This is also the time when babies discover their hands.

Take several colorful toys and, one at a time, slowly move them back and forth in front of your baby to simulate his vision.

Babies love to stare at interesting faces and toys.

Who is That Baby?

What Baby?

Look What I See
Nuzzle Nose

For example, say “nuzzle, nuzzle, nuzzle, nose.”

Write “nuzzle” more than one time, always touching noses on the word “nuzzle.”

After you have played this a few times, say the word “nuzzle” and keep repeating this game touching noses on the word nose to his nose.

On the word “nuzzle,” bring him down and touch your nose to his.

Hold your baby in the air and say, “Nuzzle, nuzzle, nose.”

This is a game that strengthens the back and neck.

WHERE’S MY BABY?

3 TO 6 MONTHS

Research says what brain growing work for balance, lay the strength and develop.

Research says what brain growing work for balance, lay the strength and develop.
Talking Together

31
MONTHS
3 TO 6

Research says what brain

Responds responsively
Emotionally
Initially become
With smiles and
Words are met
With looks and
A baby whose

Come up the escalator

31
MONTHS
3 TO 6

Always give a kiss on the down part.
Try ending with "lifting him up in the air and down.
Continue lifting different parts of your baby's body, saying
"lift your baby's legs and say the rhyme.
Down, down, down.
Coming up the escalator
Up, up, up
Coming down the escalator
Say the following rhyme:
Hold onto baby's fingers and gently lift baby's arms as you
Trust babies develop
Motor skills
Looking at each
and drop it into the pot.

When you turn the pot right side up, take the same toy

do this and then help him try.

The next step is to turn the pot over. Show your baby how

Now hide the toy and help your baby lift the pot up.

and again.

Your baby will be delighted and want you to do it again.

Hidden toy:

Say "One, two, three; did-dle-dee" and lift the pot off the

Put a dot face down on the floor with a toy under it.

This will help your baby.

Playing games to heighten your baby's hearing awareness

Auditory awareness is something that comes with age and

Playing with pots is a good way to teach your baby many

WHAT RESEARCH SAYS

58

MONTHS

6 TO 9

WHERE IS THE SOUNDS?

WHERE IS THE SOUNDS?

WHAT RESEARCH SAYS

Musician expert

Research says

WHERE IS THE SOUNDS?

WHERE IS THE SOUNDS?

WHERE IS THE SOUNDS?

WHERE IS THE SOUNDS?

WHERE IS THE SOUNDS?

WHERE IS THE SOUNDS?

WHERE IS THE SOUNDS?

WHERE IS THE SOUNDS?

WHERE IS THE SOUNDS?

WHERE IS THE SOUNDS?

WHERE IS THE SOUNDS?

WHERE IS THE SOUNDS?

WHERE IS THE SOUNDS?

WHERE IS THE SOUNDS?

WHERE IS THE SOUNDS?

WHERE IS THE SOUNDS?

WHERE IS THE SOUNDS?

WHERE IS THE SOUNDS?

WHERE IS THE SOUNDS?

WHERE IS THE SOUNDS?

WHERE IS THE SOUNDS?

WHERE IS THE SOUNDS?

WHERE IS THE SOUNDS?

WHERE IS THE SOUNDS?

WHERE IS THE SOUNDS?

WHERE IS THE SOUNDS?

WHERE IS THE SOUNDS?

WHERE IS THE SOUNDS?

WHERE IS THE SOUNDS?

WHERE IS THE SOUNDS?

WHERE IS THE SOUNDS?

WHERE IS THE SOUNDS?

WHERE IS THE SOUNDS?

WHERE IS THE SOUNDS?

WHERE IS THE SOUNDS?

WHERE IS THE SOUNDS?

WHERE IS THE SOUNDS?
A set of measuring spoons also makes a good shaker.

When they are being shaken, your little one will enjoy watching the rocks or buttons move within. You can also rim a see-through plastic bottle into a shaker for a baby!

Try singing "Old MacDonald Had a Farm," shaking and making animal sounds together. What could be more fun and sing your favorite songs.

cRive the shaker to your baby and let her shake it as you give the shaker to your baby and let her shake it as you baby's eyes grow big with excitement.

Shake the container and listen to the noise. Watch your baby's eyes grow big with excitement.

Put some buttons in a metal container and tape the top carefully so that your baby cannot get it open.

Try singing spoons to the following poem:

Sing a variety of your favorite songs as you both bang the drum on the floor. Give your baby a wooden spoon and encourage him to join in.

Fun, too.

Research says... Babies love to hold things in their hands and hit them on a surface. This is excellent for motor coordination and lots of gross motor muscle stimulation. Shoveling small things through a Sensory Drum is a great way to engage their fine motor skills.

Baby Shakers

Rum Tum Tum
Peekaboo Game

Baby, Baby—A

Say the following rhyme and do the actions:

1. I am back. Yes, siseeet! Give your baby a nice hug.
2. Baby, baby, what do you see? Bring your face close to your baby's face.
3. Baby, baby, when I come I will peek. Take your hands away over your eyes.
4. Baby, baby, play hide and seek (put your hands.
5. Baby, baby, hide and seek (put your hands.
6. Baby, baby, hide and seek (put your hands.
7. Baby, baby, hide and seek (put your hands.
8. Baby, baby, hide and seek (put your hands.
9. Baby, baby, hide and seek (put your hands.
10. Baby, baby, hide and seek (put your hands.

On three move the bowl away from your face and make a silly sound.

On three move the bowl away from your face and make a silly sound.

Count out loud, "one, two, three!"

Hold a large bowl in front of your face.

Sit your baby in a chair facing you.

Commnication

Keeping an eye on your baby during the game can help your baby learn to communicate. Babies are able to watch and learn from their environment.

Research Says

WHAT BRAIN

MONTHS

6 TO 9

69

NOISY PEKAABOO

COMMUNICATION

KEEPING AN EYE ON YOUR BABY DURING THE GAME CAN HELP YOUR BABY LEARN TO COMMUNICATE. BABIES ARE ABLE TO WATCH AND LEARN FROM THEIR ENVIRONMENT.

RESEARCH SAYS

WHAT BRAIN

MONTHS

6 TO 9
Seek and Ye Shall Find

9 to 12 MONTHS

Once he understands how to play this game, he will want to do it again and again.

Help guide him to the clock. Using the sound he localizes it.

Ask your little one, "Where is the tick tock?"

Now take the clock and put it under a pillow.

Tick, tick, tick, tick. Now take the clock.

Give the clock to your baby.

Hold the clock and sing a little tick tock song with your baby.

You will need a wind-up clock that makes a nice sound.

Strengthen brain connections for the future. These games need to be played in the early years to develop auditory awareness.

Listening for the source of a sound is a very good game to play.

Enjoy the bright, prickly feel of it.

Rolling over in the grass is fun to do and your baby will be so many things to do.

Small flowers, tickle with grass, look for bugs, etc. There are so many things to do. Let your baby crawl in the grass while you crawl along with him.

Experience all of the senses.

Playing outside on a lovely day is a wonderful way to...
You can also play this game by moving a toy up and down down your baby's arm and make a splash in the water.

On the words, "Down the drain," slide the washcloth.

"Now, it's nice and clean.
Scrubby, scrubby, scrubby, (move child's hand over)
Get it nice and clean.
Wash, wash, wash the ball.

Sing the following to the tune, "Row, Row, Row Your Boat."

Sing and play when giving your baby a bath.

Hickory, Dickory, Dock is a wonderful nursery rhyme.

Baby's time to bath.

Wash the Toy

9 to 12 months

Research says

What brain

99

Mental ability:
Future mental health
Intelligence

Sensorial growth

Language skills

1-3 years

Enjoyed with:
Music

WHAT BRAIN
Silly Antics

After you have done several of these, repeat them in front of your baby. When your baby sees himself doing the antics, he'll laugh a minute. Get on your hands and knees and bark like a dog.

- Roll on your back and kick your legs in the air
- Make different animal sounds
- Pound your fists on your chest and yell
- Move your head in different directions, up and down and side to side
- Stick out your tongue and make silly sounds
- Make a funny face

Here are some ideas:

- Do a variety of silly things and encourage him to imitate you.
- Sit on the floor with your baby looking you.
- Think of what you can do with your baby.

Rolling

As you roll them, say the following rhyme:

Rolling down the street,
Rolling, rolling, little hands.

(rolling faster and faster)

Catching faster, pick up the speed

Rolling slowly, roll her hands slowly

End with a big hug and kiss.
Jackie Silberg

development
early brain
promote
games to
simple

Babie's Games
Brain

125

other books by Jackie Silberg

The I Can't Sing Book
500 Five-Minute Games
300 Three-Minute Games
More Games to Play with Toddlers
Games to Play with Two-Year-Olds
Games to Play with Babies

45 Box 207, Beltsville, MD 20704-0207

present train or entertain by conducing her through Cyprian House
childhood development and music; you can arrange to have her speak
acclaimed speaker, teacher, and writer on both early

Jacket Silberg is an

or

45 Box 207, Beltsville, MD 20704-0207

childhood development and music; you can arrange to have her speak
acclaimed speaker, teacher, and writer on both early

Jacket Silberg is an

present train or entertain by conducing her through Cyprian House
childhood development and music; you can arrange to have her speak
acclaimed speaker, teacher, and writer on both early

present train or entertain by conducing her through Cyprian House
childhood development and music; you can arrange to have her speak
acclaimed speaker, teacher, and writer on both early

present train or entertain by conducing her through Cyprian House
childhood development and music; you can arrange to have her speak
acclaimed speaker, teacher, and writer on both early

present train or entertain by conducing her through Cyprian House
childhood development and music; you can arrange to have her speak
acclaimed speaker, teacher, and writer on both early