

Social-Emotional Activities for Babies 1-3 Months Old



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.	Let your baby hear new, gentle sounds. Quiet musical toys or soft bells will be interesting to him. Ask, "Did you hear those bells? Do you like how they sound?"	Your face, smile, voice, and touch are the most important things for your baby right now. You do not need fancy toys. She wants to play and get to know you!
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."	Let your baby lie on a blanket on the floor and get down on the floor with her. See the world from her point of view. Talk to her about what she is seeing. Say, "There is the light."
Make life interesting for your baby. Go for a walk. Introduce new sounds and places to him from the safety of your arms.	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!"	You can begin to play simple games with your baby such as Peekaboo. Put a cloth over your head and peek out. Say, "There you are!"	Introduce new, safe* objects for your baby to explore. Simple objects such as plastic cups and big wooden spoons are all new to him.
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.	It is never too early to start reading books with your baby. Choose simple board books at first and talk about the pictures she sees. Cuddle up close.	Learn your baby's special language. He will "talk" to you with sounds and gestures and let you know when he is happy, uncomfortable, hungry, or lonely.	Give your baby a little massage after a bath or diaper change. Rub her tummy very gently. Talk to her. Say, "Rub-a-dub, I'm rubbing your tummy. Do you like how that feels?"

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