

Showing Your Baby Something Interesting

See the bunny?



Hold your baby or place him where he can hold his head up and look at interesting things.

This helps your baby learn to use his eyes and control his body.



Why this is important

Your baby will want to hold up his head and control his body movements in order to see something interesting such as your face or a colorful toy. The length of time he can hold his head up will get longer and longer. He will try harder when he is curious about an object. As his head control improves, so will his ability to use his body.

What you do

- Hold your baby to your shoulder. Keep your hand near, but let him support his own head as much as he can.
- Sit or stand so he sees something interesting over your shoulder such as another person, an animal, or light and shadows. If your baby is younger than 4 months old, hold him less than a foot away from the object.
- Talk to him and stroke him as he looks around in order to reinforce the positive experience.
Do you see Grandma smiling at you?

Ready to move on?

Put him on a blanket indoors or outdoors so that he can observe you moving and working. Make sure that you can see and hear him. Stop often to smile and talk to him face-to-face.

Let's read together!

Smile!
by Roberta Grobel Intrater