

# Let's Make It!

Babies (up to 1 year old)

## Talk • Tools • Try

**Babies learn by playing with you. When you talk, sing, read and cuddle with them, you support their healthy development.**

### Together you can make:

- **Smiles:** Smile at your baby and baby will smile at you. This is one way for babies to communicate with you.
- **Conversations:** Talk to your baby. Babies are listening, even before they can talk.
- **Games:** Play simple games with your baby. Build a stack of blocks for your baby to knock over. Play peek-a-boo.
- **Traditions:** Read to your baby. It's never too early to start!



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## Tips for Parents

- Play with baby every day.
- Provide everyday things with different colours, textures and sizes for baby to touch.
- Show baby how to use board books, toys, spoons and more. Babies learn by watching you.
- Sing and talk to baby even before they can talk to you.

## By making things with your baby, you are helping them:

- Learn the sound and rhythm of words
- Understand that words have meaning
- Learn to talk
- Develop muscle control
- Explore their world
- Feel safe and secure
- Have fun with you!

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