

A whole new world

Let's play and talk together

- ❖ Take your infant outdoors.
- ❖ Sit on a comfortable seat such as a park bench, and hold your baby on your lap facing outward.
- ❖ Point out things that you see, e.g., children playing on a swing or slide. Describe the sights and sounds around you.



A good read-together book



Look & See: Let's Count! by La Coccinella

If your child cannot sit up alone, you will need a sitting support such as pillows, an infant seat or a stroller.

This activity is good for helping your child develop core strength and balance while sitting, and for learning new words.

Hints for success

- ❖ Help your baby to sit up "tall" instead of leaning back against you. Support your infant with your hands around the waist and thumbs against the upper back.
- ❖ If your baby is not quite ready to sit, use an infant car seat and sit side-by-side so you can both look out together.

Can you see that big dog over there?

Look at all the children running. They're playing tag!

Ways to say it

More ideas for A whole new world

Try this way

- ❖ Hold your baby upright on your lap while you both look out a window. Enjoy the view or the actions of people, cars or animals.
- ❖ Hold your baby upright on your lap while talking with a friend. Your baby will watch the expressions and listen to the tones of other people talking, and might try to join the conversation by babbling.
- ❖ When your baby is ready to sit alone, begin on the floor with pillows behind and beside for support and safety. Once the pillows are not needed, place a toy in front to help your baby focus forward.



Safety tip

Keep padding around your baby when he or she is learning to sit.

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In this world so big and bright,
I coo and move from day 'til night.
So much to see, so much to do,
Each day I discover something new.

Author unknown