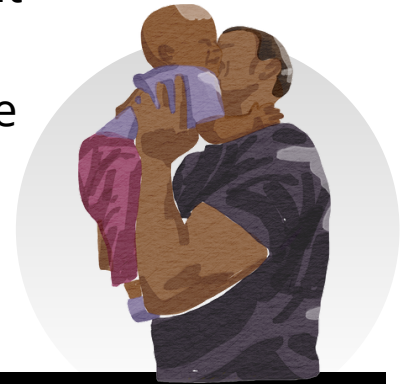


WAKE-UP CHATS

As those little eyelids flutter open, seize the moment. Greet them warmly with a “Hello, sunshine!” Share about the bright sun or the chirping birds. Talk about the exciting day ahead. It’s more than just ‘good morning’; it’s their first lesson in conversation for the day.



TRY ONE OF THE STRATEGIES:

- **Imitation & Responsive Listening:** If your baby stretches or makes a morning sound, imitate it and say, “Big stretch for the morning!”
- **Sign Language:** Teach the sign for “morning” or “awake.”
- **Self-Talk:** “Mommy is opening the curtains to let the sunshine in.”
- **Holding Items By Your Mouth:** Point to the sun or a bright toy and emphasize “bright” near your mouth.
- **Parentese:** “Did someone have a good sleep?”
- **Commenting:** “It’s a new day! You’re opening your eyes!”
- **Pausing:** “You look...?” Pause for any reactions or sounds.
- **Repetition:** “Morning! Good morning, sweetie. What a wonderful morning!”
- **Sing and Rhyme:** Sing a soft morning tune, “Morning has broken...”
- **Face-to-Face:** Maintain eye contact and engage in a little chat as they wake up fully.



BREAKFAST TIME

Breakfast isn't just about nourishing the body but also the mind. As you mash bananas or stir cereal, introduce them to each item. "This is your yellow bowl" or "Can you hear the cereal crunch?" With every bite, they're tasting a new word!



TRY ONE OF THE STRATEGIES:

- **Imitation & Responsive Listening:** When your baby tries to vocalize or gesture for food, imitate the sound or gesture and respond with, "You want some cereal?"
- **Sign Language:** Teach the sign for "eat" or "more" and encourage them to use it during breakfast.
- **Self-Talk:** As you pour milk or spread jam on toast, narrate your actions, "Mommy is pouring the milk."
- **Holding Items By Your Mouth:** Hold a spoon near your mouth, emphasize the word "spoon" as you pronounce it.
- **Parentese:** "Do you want yuummy oatmeal this morning?"
- **Commenting:** "You're touching the butter on the warm toast!"
- **Pausing:** After asking, "Do you want bananas?" ...pause and await their response or reaction.
- **Repetition:** "Spoon. Here's your spoon. Let's eat with the spoon."
- **Sing and Rhyme:** Sing a fun breakfast jingle or "The Muffin Man" as you serve muffins.
- **Face-to-Face:** Sit directly across or beside them ensuring good eye contact as you converse.



BATHTIME

Water splashes aren't just fun; they're conversational starters. "Feel the warm water?" or "Look at the bubbles floating." This immersive experience combines sensation with vocabulary, offering double the fun and learning.



TRY ONE OF THE STRATEGIES:

- **Imitation & Responsive Listening:** If your baby splashes water and giggles, mimic their giggle and say, "Splashy splash!"
- **Sign Language:** Teach the sign for "water" or "bath."
- **Self-Talk:** "I'm putting soap on the washcloth now."
- **Holding Items By Your Mouth:** Hold up the rubber duck, and pronounce "duck" clearly.
- **Parentese:** "Is the waaater warm and cozy?"
- **Commenting:** "You're popping the bubbles!"
- **Pausing:** "Do you want to play with your...?" Pause and let them fill in or gesture.
- **Repetition:** "Rubber duck. Look at the rubber duck. It floats!"
- **Sing and Rhyme:** Sing "Rub-a-dub-dub" as you bathe them.
- **Face-to-Face:** Ensure eye contact as you rinse them, showing various bath toys and naming them.



DRESSING UP

Dressing up becomes a narrative adventure. As you put that soft shirt over their head or fasten those tiny shoes, describe each step. “Now, we’re buttoning up your cozy sweater!” or “One foot in, one more to go!” Every action paired with words deepens their understanding.



TRY ONE OF THE STRATEGIES:

- **Imitation & Responsive Listening:** If your baby points or vocalizes towards a specific clothing item, echo their sound and say, “You want the blue shirt?”
- **Sign Language:** Introduce the sign for “clothes” or “shoes.”
- **Self-Talk:** “I’m picking a warm sweater for you.”
- **Holding Items By Your Mouth:** Show a sock, bring it near your mouth, and say “sock.”
- **Parentese:** “Let’s wear these cuuute pants!”
- **Commenting:** “You’re touching the soft shirt!”
- **Pausing:** “Let’s put on your...?” Pause to let them try and name or point.
- **Repetition:** “Hat. Your cozy hat. Let’s put on the hat.”
- **Sing and Rhyme:** Sing a dressing up song, “One, two, buckle my shoe...”
- **Face-to-Face:** While buttoning their shirt, make sure to make eye contact and smile.



WALK/STROLLER TIME

Morning walks are more than just physical exercise. As you point out the rustling leaves or the speeding bus, you're crafting live stories. Narrate them with, "The big, yellow bus is zooming by!" or "Feel the cool breeze?" This turns your neighborhood into a lively, language landscape.



TRY ONE OF THE STRATEGIES:

- **Imitation & Responsive Listening:** If they point at something, echo their curiosity. If they say "dog," respond with "Yes, that's a big dog!"
- **Sign Language:** Use the sign for "outside" or "bird" when you see one.
- **Self-Talk:** "I'm pushing the stroller now. We're going fast!"
- **Holding Items By Your Mouth:** When pointing out things, like a "tree," emphasize the word near your mouth.
- **Parentese:** "Do you feel the coool breeze?"
- **Commenting:** "You're looking at those chirping birds!"
- **Pausing:** "Look at the...?" Let them fill in or react to something they notice.
- **Repetition:** "Car. See the car? A blue car is passing by!"
- **Sing and Rhyme:** Sing about things you see, "Wheels on the bus" as buses pass.
- **Face-to-Face:** Stop occasionally, face them, and chat about what you both observe.



PLAYING WITH TOYS

Morning playtime with toys isn't just play; it's a dialogue. As they grab a toy, name it out loud. "That's a squishy ball!" or "The teddy is so soft!" With each touch and feel, they connect objects to words, building associations.



TRY ONE OF THE STRATEGIES:

- **Imitation & Responsive Listening:** Mimic their play actions. If they shake a rattle, you do it too and say, "Shake, shake!"
- **Sign Language:** Use the sign for "play" or specific toys like "ball."
- **Self-Talk:** "I'm stacking the blocks high. Look!"
- **Holding Items By Your Mouth:** Show a toy, like a "car," and emphasize the word near your mouth.
- **Parentese:** "Oh, what a pretty dolly!"
- **Commenting:** "You're holding the fluffy teddy bear!"
- **Pausing:** After stacking blocks, say "One, two..." and pause for a reaction.
- **Repetition:** "Ball. See the ball? Bounce the ball!"
- **Sing and Rhyme:** Sing as you play, like "Roll, roll, roll the ball..."
- **Face-to-Face:** Sit opposite them as you play together.



READING A STORY

Nothing like starting the day with a story. As you read out, emphasize on sounds, characters, and actions.

Ask questions and make comments like, "Where's the moon in the picture?" or "The cow looks happy!"

Stories come alive, one word at a time.



TRY ONE OF THE STRATEGIES:

- **Imitation & Responsive Listening:** If they show excitement over a picture, acknowledge it. "Yes, that's a big lion!"
- **Sign Language:** Teach signs for common animals or objects in the book.
- **Self-Talk:** "I'm turning the page. What's next?"
- **Holding Items By Your Mouth:** Point to a character and say its name, emphasizing near your mouth.
- **Parentese:** "Once upon a tiime, in a land far away..."
- **Commenting:** "You're pointing to the magical forest!"
- **Pausing:** After a suspenseful moment, "Then the hero...?" and wait.
- **Repetition:** "Apple. See the apple in the picture? Red apple!"
- **Sing and Rhyme:** Turn parts of the story into a song or rhyme.
- **Face-to-Face:** Ensure you and your baby can see each other's faces as you read.



LISTENING TO SONGS

Songs can be the soundtrack to their language journey. As you play or sing morning songs, emphasize repetitive words or dance to the rhythm. “Can you clap to ‘Twinkle, Twinkle?’” or “Let’s sway to the morning tune.” They don’t just hear the music; they feel the words.



TRY ONE OF THE STRATEGIES:

- **Imitation & Responsive Listening:** If they bob to the rhythm, bob along, saying, “Dance, dance!”
- **Sign Language:** Introduce signs like “music,” “dance,” or “sing.”
- **Self-Talk:** “I’m turning up the volume a bit. Let’s dance!”
- **Holding Items By Your Mouth:** Emphasize song-related words by your mouth, like “sing” or “dance.”
- **Parentese:** “Such a catchy tuuune!”
- **Commenting:** “You’re dancing to the music!”
- **Pausing:** Pause the song and say, “What comes next? Can you guess?”
- **Repetition:** Play their favorite song a few times, emphasizing certain words.
- **Sing and Rhyme:** Encourage clapping to the rhythm or singing along.
- **Face-to-Face:** Dance face-to-face with your baby, making eye contact.



STRETCH/EXERCISE TIME

Those adorable morning stretches aren't just exercises. They're opportunities for interaction. "Stretch those tiny fingers wide" or "Roll your head gently." Guide their movements with words, turning stretches into engaging dialogues.



TRY ONE OF THE STRATEGIES:

- **Imitation & Responsive Listening:** If your baby moves their arms or legs in a specific way, imitate the movement saying, "Stretch like this!"
- **Sign Language:** Use the sign for "stretch" or "play."
- **Self-Talk:** "I'm going to stretch my arms up high. Look at me!"
- **Holding Items By Your Mouth:** Use a toy to demonstrate a stretch or movement, emphasizing words like "up," "down," or "around" near your mouth.
- **Parentese:** "Big stretch time! Look at those wiggly toes!"
- **Commenting:** "You're pushing up so strong with those little arms!"
- **Pausing:** Before starting a new exercise, "Now, should we...?" and pause to see if they anticipate or react.
- **Repetition:** "Lift. Lift. We lift our hands high!"
- **Sing and Rhyme:** Use a song like, "Heads, Shoulders, Knees, and Toes" to guide the exercise.
- **Face-to-Face:** While laying them down for stretches, get face to face and maintain eye contact to make it interactive.



PEEK-A-BOO/HIDE & SEEK

Who knew 'peek-a-boo' was more than just giggles? Each "peek" and "boo" is a lesson in anticipation and response. Add variations like "Who's hiding?" or "There you are!" and watch as this game becomes a vocabulary gold mine.



TRY ONE OF THE STRATEGIES:

- **Imitation & Responsive Listening:** If they giggle or make a sound when you reappear, echo the giggle and say, "Peek-a-boo!"
- **Sign Language:** Use the sign for "where" or "hide."
- **Self-Talk:** "I'm hiding... now, where is baby?"
- **Holding Items By Your Mouth:** Hold a toy and while hiding it, emphasize the word "gone" near your mouth and then "peek-a-boo" when it reappears.
- **Parentese:** "Where did mommy/daddy go? There they are!"
- **Commenting:** "You found me so quickly!"
- **Pausing:** Before revealing yourself, "Who's behind the...?" and pause for their reaction.
- **Repetition:** "Hide, and peek! Hide, and peek!"
- **Sing and Rhyme:** Turn it into a playful rhythm, "Peek-a, Peek-a, Peek-a-boo!"
- **Face-to-Face:** When you reveal yourself, ensure your face is in clear view and show exaggerated facial expressions to increase engagement.



TUMMY TIME

This fundamental activity strengthens your baby's neck, shoulder, and arm muscles. Lay your baby on a soft blanket and get down to their eye level.

Encourage them with colorful toys and your cheerful face. Say, "Look at you, strong baby!" as they lift their head and engage with their surroundings.



TRY ONE OF THE STRATEGIES:

- **Imitation & Responsive Listening:** Echo baby's coos and movements during tummy time, celebrating their efforts.
- **Sign Language:** Use the sign for "play" as they engage with toys or textures.
- **Self-Talk:** "I'm placing the toy right here for you."
- **Holding Items By Your Mouth:** Show a colorful toy near your mouth, "Look! Ball."
- **Parentese:** "Wow, you're sooo strong on your tummy!"
- **Commenting:** "Your head's up so high. Go, baby, go!"
- **Pausing:** "Can you reach the toy?" ...pause to see their response.
- **Repetition:** "Head up, head up! You can do it!"
- **Sing and Rhyme:** Hum or sing a playful tune to encourage them.
- **Face-to-Face:** Lie down opposite them, ensuring they see your expressions.



DIAPER CHANGE

Transform routine diaper changes into an interactive experience. Maintain eye contact, describe your actions, and use it as an opportunity to playfully engage. “Let’s change that diaper,” or “All clean and comfy now!” makes the experience positive and reassuring.



TRY ONE OF THE STRATEGIES:

- **Imitation & Responsive Listening:** If baby kicks or sounds, mimic and say, “Someone’s feeling lively!”
- **Sign Language:** Teach signs like “clean” or “change.”
- **Self-Talk:** “Let’s get a fresh diaper now.”
- **Holding Items By Your Mouth:** Show the diaper cream near your mouth, “Cream.”
- **Parentese:** “Let’s get you nice and dryyyy!”
- **Commenting:** “All clean! You’re as fresh as a daisy!”
- **Pausing:** “Ready for a change?” ...wait for baby’s reaction.
- **Repetition:** “Diaper, diaper. Here we go.”
- **Sing and Rhyme:** Sing a cheerful changing-time jingle.
- **Face-to-Face:** Smile and engage at their level during the change.



SENSORY PLAY

Awaken their senses with various textures, sounds, and sights. From crinkly papers to soft plush toys, describe each item as they explore. "Feel the smooth silk," or "Listen to the rustling paper." This enhances their sensory perception and vocabulary.



TRY ONE OF THE STRATEGIES:

- **Imitation & Responsive Listening:** If baby slaps the water in a shallow tray or rustles a sensory bag, mimic and celebrate their explorations.
- **Sign Language:** Use signs like "feel" or "touch."
- **Self-Talk:** "I'm pouring the cold water in for you."
- **Holding Items By Your Mouth:** While introducing a new texture, hold it up, "Soft."
- **Parentese:** "Ooooh, feels squishyyy, doesn't it?"
- **Commenting:** "You seem to love the feel of the jiggly gel!"
- **Pausing:** "What's in the bag?" ...await their curious exploration.
- **Repetition:** "Splash, splash in the water!"
- **Sing and Rhyme:** Sing about the sensation or texture they're experiencing.
- **Face-to-Face:** Engage with them, reflecting their wonder and curiosity.



BOTTLE OR NURSING TIME

Feeding times are intimate moments of connection. While they feed, maintain eye contact and softly converse with them. “Yummy milk,” or “Time for your bottle,” creates an association between nourishment and comfort.



TRY ONE OF THE STRATEGIES:

- **Imitation & Responsive Listening:** Respond to their feeding cues, imitating contented sounds or their hand movements.
- **Sign Language:** Teach and use signs like “milk” or “more.”
- **Self-Talk:** “Time for your bottle, little one.”
- **Holding Items By Your Mouth:** Before feeding, show the bottle teat or your nipple, “Milk.”
- **Parentese:** “You must be soooo hungry!”
- **Commenting:** “Look at those big eyes, ready to eat!”
- **Pausing:** “Is that yummy?” ...pause for their contented expressions.
- **Repetition:** “Drink, drink, drink.”
- **Sing and Rhyme:** Hum or sing a gentle lullaby during feeding.
- **Face-to-Face:** Keep eye contact and bond during this intimate time.



AFTERNOON SONGS

Music stimulates a baby's auditory senses and emotional understanding. Sing popular lullabies or make up your own. Emphasize on rhythm and repetitive melodies saying, "Dance with mommy," or "Listen to the happy tune."



TRY ONE OF THE STRATEGIES:

- **Imitation & Responsive Listening:** If baby tries to hum or clap along, mimic them and affirm their participation.
- **Sign Language:** Introduce signs like "music" or "more."
- **Self-Talk:** "I'm turning on the song for us."
- **Holding Items By Your Mouth:** If you have an instrument like a rattle, showcase near your mouth, "Shake."
- **Parentese:** "Dancey dance with the beat!"
- **Commenting:** "Your feet are tapping to the rhythm!"
- **Pausing:** "Did you hear the drum?" ...wait for their reaction.
- **Repetition:** "Clap, clap, clap along!"
- **Sing and Rhyme:** Sing along, emphasizing rhyming words.
- **Face-to-Face:** Engage them with facial expressions as you both enjoy the music.



MIRROR PLAY

Mirrors are windows to self-awareness for babies. As they gaze at their reflection, boost their wonder with words. “Who’s that cute baby?” or “Look at those rosy cheeks!” encourages them to recognize and react to their image.



TRY ONE OF THE STRATEGIES:

- **Imitation & Responsive Listening:** If baby giggles or coos at their reflection, replicate the sound, saying, “Is that a happy baby in the mirror?”
- **Sign Language:** Use the sign for “see” or “baby.”
- **Self-Talk:** “I see two of you! One here and one in the mirror.”
- **Holding Items By Your Mouth:** Point to your reflection while saying “Mommy” or “Daddy,” emphasizing lip movement.
- **Parentese:** “Who’s that cuuute baby in the mirror?”
- **Commenting:** “Look at those sparkling eyes looking back!”
- **Pausing:** “Can you give a kiss?” ...wait for baby to possibly lean in.
- **Repetition:** “Mirror, mirror on the wall.”
- **Sing and Rhyme:** Use “I’m Looking at Myself in the Mirror” or a similar playful tune.
- **Face-to-Face:** Through the mirror, maintain eye contact, making faces and laughing together.



TOY SORTING

A collection of diverse toys can boost their cognitive skills. As they grasp each toy, name it and its color. "Red car," "Blue ball," or "Green teddy." Each interaction deepens their understanding of shapes and colors.



TRY ONE OF THE STRATEGIES:

- **Imitation & Responsive Listening:** When baby grasps a toy, imitate their sound or gesture and say, "You chose the red one!"
- **Sign Language:** Introduce signs like "more" or "finished."
- **Self-Talk:** "I'm putting all the blue blocks here."
- **Holding Items By Your Mouth:** While explaining the toy's color or shape, hold it up to your mouth for clarity.
- **Parentese:** "Oooh, big yellow circle!"
- **Commenting:** "You're so clever sorting the toys!"
- **Pausing:** "Which one next?" ...pause to let baby decide.
- **Repetition:** "Block, block. Blue block."
- **Sing and Rhyme:** Create a little chant about colors or shapes as you play.
- **Face-to-Face:** Sit at baby's level and explore toys together, eye-to-eye.



INDOOR CRAWLING ADVENTURE

Turn your living space into an exploratory playground. Narrate their journey, saying, "Crawling to the cozy blanket," or "Heading towards the colorful blocks." Your words guide them and increase their confidence.



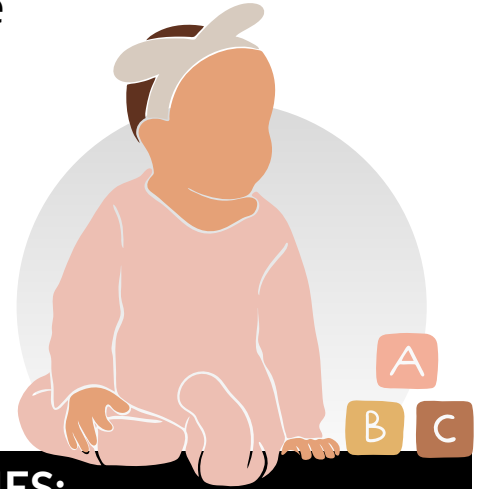
TRY ONE OF THE STRATEGIES:

- **Imitation & Responsive Listening:** If baby makes excited sounds while crawling, mimic them, celebrating their movement.
- **Sign Language:** Use signs like "go" or "stop."
- **Self-Talk:** "I'm clearing the path for our adventure."
- **Holding Items By Your Mouth:** Place a toy or object of interest ahead of them and say, "Go to the teddy," emphasizing your lips.
- **Parentese:** "Wow, you're zooming like a racecar!"
- **Commenting:** "Straight to the soft cushion, huh?"
- **Pausing:** "Where to next?" ...pause to see where they head.
- **Repetition:** "Crawl, crawl, crawl."
- **Sing and Rhyme:** Adapt "The Itsy Bitsy Spider" or similar to be about crawling.
- **Face-to-Face:** Occasionally position yourself at their destination, so they come crawling toward your smile.



BLOCK TOWER BUILD

A hands-on activity, building with blocks enhances motor skills and spatial understanding. As you stack together, vocalize your actions, “One more block,” or “Oh no, it’s tumbling!” Engage both touch and sound for a complete learning experience.



TRY ONE OF THE STRATEGIES:

- **Imitation & Responsive Listening:** When baby attempts to stack or knock down, mirror their delight or determination.
- **Sign Language:** Use signs for “up” and “down.”
- **Self-Talk:** “Let’s see how high we can stack these.”
- **Holding Items By Your Mouth:** Showcase a block by your mouth and articulate, “Block.”
- **Parentese:** “Up, up, up it goes! Sooo tall!”
- **Commenting:** “And down it tumbles! Whee!”
- **Pausing:** “Shall we stack another?” ...await baby’s move.
- **Repetition:** “Stack, stack, stacking the blocks!”
- **Sing and Rhyme:** Adapt a tune to narrate stacking and tumbling blocks.
- **Face-to-Face:** Engage in playful eye contact, whether you’re stacking or knocking down.



STORY SESSION

Books are gateways to imaginative worlds. Choose brightly illustrated ones and emphasize on characters and events. “See the flying bird,” or “Hear the loud lion roar,” captivates their attention and introduces them to new concepts.



TRY ONE OF THE STRATEGIES:

- **Imitation & Responsive Listening:** Reflect any sounds or gestures baby makes in response to images or your voice.
- **Sign Language:** Introduce signs like “book” or “read.”
- **Self-Talk:** “I’m opening the book to our favorite story.”
- **Holding Items By Your Mouth:** When saying a character’s name or object, hold the book near your mouth.
- **Parentese:** “Once upon a tiiiime, in a land far away.”
- **Commenting:** “Looking at the big yellow moon in the sky?”
- **Pausing:** “And then? ... What happens next?” ...wait a moment before turning the page.
- **Repetition:** “Moon. Bright, shiny moon.”
- **Sing and Rhyme:** Convert parts of the story into little rhythmic chants.
- **Face-to-Face:** Keep close, ensuring baby sees your facial reactions to the story, enhancing their own engagement.



CUDDLE & ROCKING

The gentle rocking motion and the embrace of your arms create a cocoon of warmth. As you hold your baby close, whisper endearing terms like “Snuggly cuddles”, “Safe in arms”, or “Gentle rock-a-bye”.



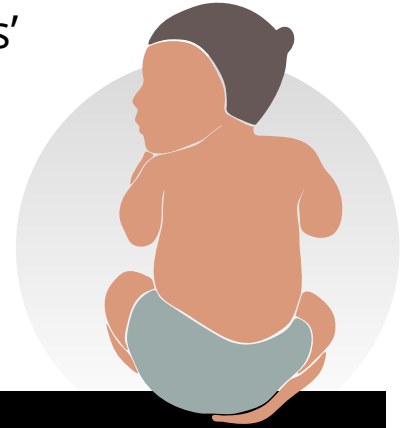
TRY ONE OF THE STRATEGIES:

- **Imitation & Responsive Listening:** If your baby makes contented noises or cuddles closer, mirror their satisfaction by humming back contentedly.
- **Sign Language:** Teach and use the sign for “comfort” or “hug.”
- **Self-Talk:** “Let’s rock gently together.”
- **Holding Items By Your Mouth:** Hold a soft blanket near your mouth and say, “Soft.”
- **Parentese:** “Is baby ready for a cuddly moment?”
- **Commenting:** “This rocking chair moves back and forth, back and forth.”
- **Pausing:** “Do you like this?” ...pause for their reaction.
- **Repetition:** “Rock. We rock together. Rocking is soothing.”
- **Sing and Rhyme:** Hum or softly sing a lullaby as you rock.
- **Face-to-Face:** Look into their eyes and offer reassuring smiles during the cuddle session.



GENTLE NIGHT SOUNDS LISTENING

Let the soft sounds of the evening be your guide. As you both listen, point out the “Whispers of the breeze”, the “Distant hoot of an owl”, or the “Crickets’ lullaby”.



TRY ONE OF THE STRATEGIES:

- **Imitation & Responsive Listening:** If they turn their head or seem to recognize a sound, imitate their expression of wonder.
- **Sign Language:** Use the sign for “hear” or “sound.”
- **Self-Talk:** “I’m opening the window to hear the sounds.”
- **Holding Items By Your Mouth:** Lean in and whisper, “Quiet sounds of the night.”
- **Parentese:** “Can you hear the crickets chirp-chirping?”
- **Commenting:** “You’re showing me your sleepy face.”
- **Pausing:** “Did you hear that?” ...pause to let them focus on a sound.
- **Repetition:** “Crickets. Hear the crickets? Chirp chirp.”
- **Sing and Rhyme:** Whisper-sing “Sounds of the night are soft and light.”
- **Face-to-Face:** Stay close to them, looking into their eyes, as you both listen together.



SOFT NIGHTLIGHT GAZING

With a dim nightlight, the soft glow becomes a point of intrigue. Describe the light's hue, intensity, or shape: "Gentle blue glow", "Moon-like light", or "Fading and brightening".



TRY ONE OF THE STRATEGIES:

- **Imitation & Responsive Listening:** If they seem fascinated by the soft glow, widen your eyes in mutual wonder.
- **Sign Language:** Use the sign for "light."
- **Self-Talk:** "Let's look at the nightlight."
- **Holding Items By Your Mouth:** Point to the light and say, "Glow."
- **Parentese:** "See the soft liiight in the corner?"
- **Commenting:** "I see you looking around our room."
- **Pausing:** "Isn't it pretty?" ...pause for their gaze and reaction.
- **Repetition:** "Light. See the light? Soft glowing light."
- **Sing and Rhyme:** Sing softly, "This little light of mine, I'm gonna let it shine."
- **Face-to-Face:** Make sure you're between the light and your baby, so they can see your face illuminated by the soft glow.



SOFT TEXTURE EXPLORATION

Introduce different textures for their little hands to explore. Talk about how they feel, using phrases like “Smooth ribbon”, “Fluffy pillow”, or “Fuzzy teddy bear”.



TRY ONE OF THE STRATEGIES:

- **Imitation & Responsive Listening:** If they grab a texture and look intrigued, mimic their expression and feel the texture together.
- **Sign Language:** Teach the sign for “soft” or “touch.”
- **Self-Talk:** “I’m giving you different textures to feel.”
- **Holding Items By Your Mouth:** Hold a silk cloth near your mouth and say, “Silky.”
- **Parentese:** “Do you like the fluuuffy teddy bear?”
- **Commenting:** “This one feels like mommy’s scarf.”
- **Pausing:** “Which one do you want to touch next?” ...pause for their choice.
- **Repetition:** “Fluffy. This is fluffy. Feel the fluffy teddy.”
- **Sing and Rhyme:** Sing a version of “Pat-a-cake” with the textures.
- **Face-to-Face:** Watch their expressions closely as they explore and react to them.



SLEEPY TIME STRETCH

As your baby stretches and yawns, describe the movements and the parts of the body involved: “Big stretch”, “Lifting little arms”, or “Sleepy yawn”.



TRY ONE OF THE STRATEGIES:

- **Imitation & Responsive Listening:** If your baby stretches or yawns, imitate them, “Big stretch! You’re getting sleepy.”
- **Sign Language:** Use the sign for “sleep” or “tired.”
- **Self-Talk:** “Let’s stretch those little arms and legs.”
- **Holding Items By Your Mouth:** Hold their foot gently near your mouth as you say, “Foot.”
- **Parentese:** “Stretch out those tiny tootsies!”
- **Commenting:** “It’s good to stretch before bedtime.”
- **Pausing:** After stretching an arm, “Ready for the other one?” ... pause.
- **Repetition:** “Stretch. We’re stretching. Stretch those arms.”
- **Sing and Rhyme:** Sing a gentle tune like, “Stretch up high, touch the sky.”
- **Face-to-Face:** Look into their eyes with each stretch, engaging them with your expressions.



TEETH OR GUM CLEANING

Maintaining hygiene can be a teachable moment too. As you gently clean, use terms such as “Soft brush”, “Ticklish gums”, or “Clean baby teeth”.



TRY ONE OF THE STRATEGIES:

- **Imitation & Responsive Listening:** If they mimic your brushing motion, praise them, “Just like mommy/daddy!”
- **Sign Language:** Use the sign for “clean” or “brush.”
- **Self-Talk:** “Time to clean those little gums/teeth.”
- **Holding Items By Your Mouth:** Show them the baby toothbrush and say, “Brush.”
- **Parentese:** “Let’s get those gums/teeth squeaky clean!”
- **Commenting:** “Looking at the bubbles from the toothpaste?”
- **Pausing:** “Open wide?” ...pause for them to open their mouth.
- **Repetition:** “Brush. Brushing gently. Brush those gums/teeth.”
- **Sing and Rhyme:** Sing a playful rendition of “This is the way we brush our teeth.”
- **Face-to-Face:** Ensure you’re at their level, making the activity interactive and fun.



HUMMING TOGETHER

Make a soft hum and encourage your baby to join. Describe the melody, the pitch, or the rhythm: “Low soothing hum”, “Melodic tune”, or “Echoing harmony”.



TRY ONE OF THE STRATEGIES:

- **Imitation & Responsive Listening:** If they hum or make any vocalizations, join in with their tune or pitch.
- **Sign Language:** Use the sign for “music” or “sing.”
- **Self-Talk:** “I love humming our favorite tune.”
- **Holding Items By Your Mouth:** Place your hand on your throat and say, “Vibrations.”
- **Parentese:** “Let’s hum a soothing song together.”
- **Commenting:** “Your voice is so sweet.”
- **Pausing:** After a stretch of humming, “Want to continue?” ...pause for their cue.
- **Repetition:** “Hum. Let’s hum. Humming our song.”
- **Sing and Rhyme:** Choose a gentle melody to hum together.
- **Face-to-Face:** Stay close, allowing your baby to feel the vibrations of your humming and connect with your expressions.



SWAYING TOGETHER

Hold your baby close and sway gently. Use words that talk about the rhythm, your movements, or the feelings evoked: “Slow twirl”, “Graceful glide”, or “Heartbeat dance”.



TRY ONE OF THE STRATEGIES:

- **Imitation & Responsive Listening:** If they bob or sway in your arms, sway in rhythm with their movement.
- **Sign Language:** Introduce the sign for “dance.”
- **Self-Talk:** “We’re dancing together.”
- **Holding Items By Your Mouth:** Hold a soft handkerchief or cloth and sway it, “Sway.”
- **Parentese:** “Let’s have a slow daaance before bedtime.”
- **Commenting:** “You’re leading the dance tonight!”
- **Pausing:** After swaying a while, “Want to twirl a little?” ...pause to gauge their mood.
- **Repetition:** “Dance. Dance with mommy/daddy. Feel the rhythm.”
- **Sing and Rhyme:** Softly sing or hum, “Dance to the moon, sleep will be soon.”
- **Face-to-Face:** As you dance, maintain eye contact, letting them see your joy and love.



PAJAMA DRESS-UP

Getting ready for bed becomes a tactile experience. Discuss the designs, materials, or the comfort of their pajamas: “Cloudy nightwear”, “Soft fabric”, or “Warm little toesies”.



TRY ONE OF THE STRATEGIES:

- **Imitation & Responsive Listening:** If they giggle or show excitement about a particular pajama, mimic their enthusiasm, “Oh, you like the starry ones!”
- **Sign Language:** Teach the sign for “clothes” or “pajama.”
- **Self-Talk:** “Let’s pick out your cozy pajamas.”
- **Holding Items By Your Mouth:** Show them the button of the pajama and say, “Button.”
- **Parentese:** “Which jammies will baby wear toonight?”
- **Commenting:** “You like the one as blue as the night sky.”
- **Pausing:** “Do you want the starry pajama or the striped one?” ... pause for their response.
- **Repetition:** “Pajama. Soft pajama. Ready to wear your pajama.”
- **Sing and Rhyme:** Sing a playful tune, “Pajama time, dreamy time.”
- **Face-to-Face:** As you dress them, make playful expressions and ensure you’re at their eye level.



STARGAZING OR MOON WATCHING

Hold your baby close as you gaze into the vast night sky. Introduce them to the wonders above with phrases like “Bright shimmering stars”, “Big moon”, or “Endless stars”.



TRY ONE OF THE STRATEGIES:

- **Imitation & Responsive Listening:** If they point or show excitement at the moon or a star, echo their wonder, “You see the big bright moon!”
- **Sign Language:** Teach the sign for “star” and “moon.”
- **Self-Talk:** “I’m drawing the curtains to see the night sky.”
- **Holding Items By Your Mouth:** Point to the moon and say, “Moon.”
- **Parentese:** “Look at the twinkly staaars up high.”
- **Commenting:** “You’re pointing to a big glowing lantern.”
- **Pausing:** “Can you spot the shining star?” ...pause to let them focus.
- **Repetition:** “Stars. Bright stars. Twinkling up high.”
- **Sing and Rhyme:** Softly sing “Twinkle, Twinkle, Little Star.”
- **Face-to-Face:** Sit with them by the window, pointing out celestial bodies and sharing the moment, eyes full of wonder.



GROCERY SHOPPING

The aisles are filled with colors, shapes, and sounds. As you push the cart, talk about the items you're buying: "Crunchy apples", "Yellow bananas", "Round oranges", or "Cold milk".



TRY ONE OF THE STRATEGIES:

- **Imitation & Responsive Listening:** If your baby points or vocalizes at a fruit, mimic the gesture and say, "Oh, you see the apples?"
- **Sign Language:** Use the sign for "eat" when pointing to different foods.
- **Self-Talk:** "Mommy is picking tomatoes."
- **Holding Items By Your Mouth:** Hold an apple near your mouth and say "Apple."
- **Parentese:** "Look at the biiig watermelon!"
- **Commenting:** "You're grabbing the round oranges!"
- **Pausing:** "Do you hear the cart sound? ... That's right!"
- **Repetition:** "Banana. See the banana? Let's buy some bananas."
- **Sing and Rhyme:** Sing "Apples and bananas" as you shop.
- **Face-to-Face:** Engage directly with them as you talk about each item.



PARK VISIT

Nature's playground is a sensory delight. Engage with the environment: "Swinging high", "Green soft grass", "Children laughing", or "Cool slide down".



TRY ONE OF THE STRATEGIES:

- **Imitation & Responsive Listening:** Echo their excited sounds upon seeing a swing.
- **Sign Language:** Teach the sign for "play."
- **Self-Talk:** "Daddy's pushing you on the swing!"
- **Holding Items By Your Mouth:** Show a leaf and emphasize "Leaf."
- **Parentese:** "What a pretty floower!"
- **Commenting:** "You're watching the kids playing catch over there!"
- **Pausing:** "Do you feel the wind? ... Yes, that's the wind!"
- **Repetition:** "Slide. We go down the slide. Whee!"
- **Sing and Rhyme:** Sing "Ring Around the Rosie" near the playground.
- **Face-to-Face:** When seated, ensure you're face-to-face as you chat.



POST OFFICE RUN

The bustling environment of the post office offers various stimuli. Describe the surroundings: “Look at all of the people”, “Stamps with pictures”, “Shiny counter”, or “Dropping letters”.



TRY ONE OF THE STRATEGIES:

- **Imitation & Responsive Listening:** Respond if they seem intrigued by stamps or envelopes.
- **Sign Language:** Use the sign for “letter” or “send.”
- **Self-Talk:** “Mom’s dropping off a package.”
- **Holding Items By Your Mouth:** Show a stamp, saying “Stamp.”
- **Parentese:** “This is a biiig box!”
- **Commenting:** “Look at the line of people waiting!”
- **Pausing:** “Hear that beep? ... It’s the scanner!”
- **Repetition:** “Envelope. Here’s an envelope.”
- **Sing and Rhyme:** Hum a mail-themed tune.
- **Face-to-Face:** Chat directly while waiting in line.



VISIT TO THE LIBRARY

Books are gateways to countless worlds. As you choose books, talk about their features: “Colorful cover”, “Big and small books”, “Quiet reading”, or “Storytime corner”.



TRY ONE OF THE STRATEGIES:

- **Imitation & Responsive Listening:** If your baby looks or points at a colorful book cover, say, “You like that book?”
- **Sign Language:** Teach and use the sign for “book.”
- **Self-Talk:** “I’m choosing a storybook for tonight.”
- **Holding Items By Your Mouth:** Show a picture in a book, saying “Cat” or “Dog.”
- **Parentese:** “Ooh, a shiny moon in the book!”
- **Commenting:** “You’re smiling at the little bunny.”
- **Pausing:** “Did you hear that? ... Someone is reading aloud!”
- **Repetition:** “Book. This is your book. Let’s read your book.”
- **Sing and Rhyme:** Sing a soft song or rhyme related to a book’s theme.
- **Face-to-Face:** Sit with them in the children’s section, maintaining eye contact while exploring books.



TRIP TO THE ZOO

Animals with their unique sounds and habitats can be fascinating. Share the wonders: “Roaring lion”, “Jumping monkeys”, “Cold-nosed penguins”, or “Tall necked giraffes”.



TRY ONE OF THE STRATEGIES:

- **Imitation & Responsive Listening:** Echo their excited sounds upon seeing animals.
- **Sign Language:** Teach signs for different animals like “monkey” or “bird.”
- **Self-Talk:** “Mom’s looking at the zebras.”
- **Holding Items By Your Mouth:** If you have an animal toy, show it, saying its name.
- **Parentese:** “Look at the tall giraaaaffe!”
- **Commenting:** “Watching the monkeys swinging from the tree!”
- **Pausing:** “Hear the lion’s roar? ... That’s a loud roar!”
- **Repetition:** “Elephant. See the big elephant?”
- **Sing and Rhyme:** Sing “Old MacDonald Had a Zoo.”
- **Face-to-Face:** Chat directly as you both observe animals.



STROLL IN THE NEIGHBORHOOD

Every corner of your neighborhood has a story. As you walk, point out the landmarks: “Big oak tree”, “Noisy playground”, “Cute cat”, or “Waving flag”.



TRY ONE OF THE STRATEGIES:

- **Imitation & Responsive Listening:** If they gesture towards a house or a tree, respond with, “Yes, that’s a big tree!”
- **Sign Language:** Teach the sign for “walk” or “car.”
- **Self-Talk:** “Dad’s taking you for a stroll.”
- **Holding Items By Your Mouth:** Pick up a fallen leaf and say “Leaf.”
- **Parentese:** “Look at the biiig red car!”
- **Commenting:** “Pointing to a doggy playing in the yard!”
- **Pausing:** “Feel the sunshine? ... It’s warm, right?”
- **Repetition:** “Car. Look at the car. Hear the car’s horn?”
- **Sing and Rhyme:** Hum a simple walking tune or “The Wheels on the Bus.”
- **Face-to-Face:** Stop occasionally, crouch down to their level, and chat.



VISIT TO A FARMER'S MARKET

The fresh produce and bustling vendors create a lively atmosphere. Engage with the scents and sights: “Fresh strawberries”, “Sunflowers standing tall”, “Baker’s bread”, or “Honey jars”.



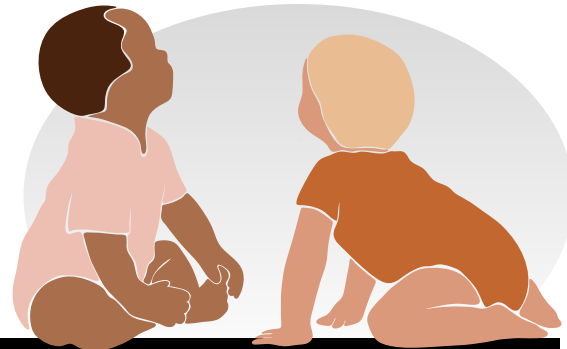
TRY ONE OF THE STRATEGIES:

- **Imitation & Responsive Listening:** React when they show interest in fruits or flowers.
- **Sign Language:** Use signs for various fruits or vegetables.
- **Self-Talk:** “I’m choosing fresh carrots.”
- **Holding Items By Your Mouth:** Show a grape, emphasizing “Grape.”
- **Parentese:** “Yummy strawberriees!”
- **Commenting:** “Looking at the farmer weighing the apples?”
- **Pausing:** “Smell the flowers? ... They’re so fragrant!”
- **Repetition:** “Apple. Red apple. Juicy apple.”
- **Sing and Rhyme:** Sing a fruit-themed song.
- **Face-to-Face:** Engage directly as you explore different stalls.



PLAYDATE AT A FRIEND'S HOUSE

Social interactions are crucial. Encourage interactions with descriptors: "Friendly faces", "Toys to share", "Singing together", or "New playmat".



TRY ONE OF THE STRATEGIES:

- **Imitation & Responsive Listening:** If they make a sound when seeing another baby, say, "You see your friend?"
- **Sign Language:** Teach and use the sign for "friend" or "play."
- **Self-Talk:** "Let's share toys with your friend."
- **Holding Items By Your Mouth:** Show a toy, emphasizing its name.
- **Parentese:** "What a fun toyyy!"
- **Commenting:** "Helping your friend build a tower with blocks!"
- **Pausing:** "You want to play with the ball? ... Okay!"
- **Repetition:** "Friend. Your little friend. Say hi to your friend."
- **Sing and Rhyme:** Sing a simple playdate song.
- **Face-to-Face:** Ensure you're at their eye level when introducing them to others.



WATER DAY

The calming waves and soft sands can be therapeutic. Share the experience: “Salty sea breeze”, “Soft sandy toes”, “Splashing waves”, or “Glistening water”.



TRY ONE OF THE STRATEGIES:

- **Imitation & Responsive Listening:** If they react to the sound of waves, say, “You hear the water?”
- **Sign Language:** Use the sign for “water” or “sand.”
- **Self-Talk:** “Mom’s building a sandcastle.”
- **Holding Items By Your Mouth:** Show them a seashell and say, “Seashell.”
- **Parentese:** “Waves go whoooosh! Fun, isn’t it?”
- **Commenting:** “You’re looking at the birds flying over the water!”
- **Pausing:** “Feel the wet sand? ... It’s squishy under our feet!”
- **Repetition:** “Wave. See the wave? Hear the wave crash?”
- **Sing and Rhyme:** Hum or sing “Row, Row, Row Your Boat.”
- **Face-to-Face:** While sitting on the sand, maintain eye contact and engage in chatter.



NATURE WALK OR PARK VISIT

Nature's beauty is ever enchanting. Talk about the flowers and plants: "Fluttering butterflies", "Tall pine trees", "Singing birds", or "Blooming daisies".



TRY ONE OF THE STRATEGIES:

- **Imitation & Responsive Listening:** Mimic their excitement upon seeing a squirrel or butterfly.
- **Sign Language:** Teach and use signs for "tree", "flower", or "bird."
- **Self-Talk:** "Dad's watching the butterflies."
- **Holding Items By Your Mouth:** Pick a safe leaf or flower, show it and say its name.
- **Parentese:** "Big tall treeees!"
- **Commenting:** "You're crawling to the fountain in the middle of the park!"
- **Pausing:** "Hear the rustling leaves? ... So peaceful!"
- **Repetition:** "Bird. Look at the bird. Hear the bird sing?"
- **Sing and Rhyme:** Sing or hum "The Green Grass Grows All Around."
- **Face-to-Face:** Sit with them on a bench or grass, focusing on direct conversation and observation.

