

Calming Activities for your Baby

Bring your baby to a room that is completely silent. Rock your baby and talk to them in a low and soothing voice.

While your baby is on their tummy, massage their back and gently talk to them. Praise them for the movements they do (or try to do).

Massage each of your baby's fingers and toes. Count each one as you massage them.

Have your baby sit in front of you but facing the other way. Blow on their neck and talk to them. See if they turn to you.

Enjoy some downtime with your baby after their feeding by playing some classical or instrumental music.

Massage your baby's back, arms, and legs with baby lotion. Sing to your baby while you massage them.

Place your baby on your lap and look at a picture book together. Talk softly and point and name the objects in the book.

While lying on your back, place your baby on top of you with their chest against your chest. Encourage them to lift their head and to look at you by talking to them.

Give your baby a smile. Tell them that you are smiling. Show them pictures from albums, magazines, etc. of other people smiling.

Give your baby a variety of toys that are safe for your baby to chew on. See if they have a preference of texture or type of toy.



Songs to Sing to your Baby

Twinkle, Twinkle Little Star

Twinkle, twinkle, little star.
How I wonder what you are.
Up above the world so high.
Like a diamond in the sky.
Twinkle, twinkle, little star.
How I wonder what you are.

You're My Little Baby

(Tune: *I'm a Little Teapot*)

You're my little baby, so soft and sweet.
Here are your hands, and here are your feet.
When you clap your hands and tap your feet.
I love you baby, so soft and sweet.

You Are My Sunshine

You are my sunshine. My only sunshine.
You make me happy when skies are grey.
You'll never know dear how much I love you.
Please don't take my sunshine away.



Singing Tip!

These are great songs to sing to your little one before their nap or bedtime!
Sing them slowly and gently.