

# Touch and Explore Activities with your Baby

Bring your baby to different surfaces of your home (i.e. carpet, hardwood). Have your baby explore the different textures with their bare hands and feet.

After your baby's bath, rub some gently textured items (i.e. things that are soft, smooth) on their tummy and explain to them what they are and how they feel.

While changing your baby's diaper, put a small, textured toy under their shirt or somewhere on their bare skin. Describe the toy to your baby and where it's hidden. Then, reveal the toy to them.

Glue different pieces of fabric or material from around your home onto a board. Give the board to your baby so they can explore the different materials.

Bring your baby to their closet or drawers of clothes. Take some clothes out. As you tell them what each clothing item is, encourage them to touch and explore the item.

Place an ice cube in front of your baby and see what they do with it (i.e. grab it, avoid it, etc.) Tell your baby what it is, how it feels, etc.

Crawl around your home with your baby. Let them touch or grab objects that are safe for them to explore.

As you're folding laundry, bring the clothes to a reachable level for your baby to easily touch, grab and explore.

Show your baby different expressions (i.e. looking sad, happy, surprised). Let your baby touch your face and explore your features.

Pour some paint into a large Ziploc bag, then seal it tight with tape. Then, place it on a flat surface and encourage your baby to explore with their hands and watch the paint move around the bag.

# Songs to Sing to your Baby

## 10 Little Fingers

I have one, I have two, I have three little fingers.  
I have four, I have five, I have six little fingers.  
I have seven, I have eight, I have nine little fingers.

Ten little fingers on my hands!  
They can wiggle, they can wiggle,  
they can wiggle in the morning.  
They can wiggle, they can wiggle,  
they can wiggle in the evening.  
They can wiggle, they can wiggle,  
they can wiggle in the moonlight.

Ten little fingers on my hands!  
*Other verses: they can clap; they can tickle*

### **Singing Tip!**

In "10 Little Fingers", point to your baby's fingers and show them what they can do with their fingers and hands with these various movements!



## Round and Round the Garden

Round and round garden, like a teddy bear.

*(Rub baby's tummy)*

One step, two step.

*(Crawl up baby's arm)*

Tickle you under there!

*(Tickle under baby's chin!)*

## Hello Little Baby

Well, hello little baby. Can you touch your nose?

Touch your nose? Touch your nose?

Well, hello little baby. Can you touch your nose?

Touch your nose.

*Other verses: touch your toes, pat your head, rub your tummy*

### **Singing Tip!**

Try out other movements with different body parts in "Hello Little Baby".

