Tips for Parents

When you see cues that your baby is ready to be near you, you should:

• Play with your baby
• Smile at your baby
• Talk to your baby
• Sing to your baby

This is how your baby learns. And it helps your baby recognize your face and voice. **Remember that learning is hard work and babies get tired very quickly.**

When you notice that your baby needs something to be different:

• Let your baby turn away and have a break with quiet time
• Change the environment—Noise or crowds can be tiring to babies
• Sometimes even siblings can be too much for a baby to handle

Soothe your baby by gently patting or rocking your baby. Continue doing the same thing for several minutes. Changing what you are doing too quickly can confuse your baby and can stimulate rather than calm your baby.