

# Back to Basics

## How it feels to be a baby



### *Birth to 3 months*

- I get hungry every few hours.
- I sleep a lot and at different times from one day to another.
- I need someone to change my diaper as soon as it's wet or soiled.
- I can't hold up my head at first and need support when I'm being held.
- I move my arms and legs, especially when I'm excited.
- I need someone to hold and play with me. Don't be afraid of spoiling me.
- I may be fussy and cry a lot.
- I smile and coo at everybody.

### *3 to 6 months*

- I can roll over.
- I like sitting up better than lying down.
- I grab things and put them in my mouth.
- I'm learning to swallow cereal from a spoon.
- I like to shake things and listen to the sound they make.
- I recognize familiar faces, voices, and objects.

- I babble a lot and try to imitate sounds.
- I like some people but get upset or frightened by others.
- I cry in different ways for different reasons such as when I'm hungry, tired, scared, angry, or lonely.
- When someone responds to my needs, I develop a little more trust.

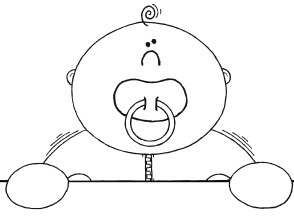
### *6 to 9 months*

- I sit without help.
- I crawl first on my stomach and then on my hands and knees.
- I reach for things and hold them with my thumb and first two fingers.
- I feed myself finger foods, and I'm pretty messy.
- I say two-syllable sounds like *da-da* and *ma-ma*.
- I want to explore everything.
- I'm learning to solve simple problems such as how to make a bell ring.
- I like performing for people and getting their praise.

- I'm scared of new people and new experiences.
- I can tell what mood people are in by looking at them.

### *9 to 12 months*

- I crawl up things such as chairs and stair steps.
- I stand by pulling up on furniture and move by stepping sideways around it.
- I can hold a cup and spoon but need your help when I feed myself.
- I understand my name, some words, and simple sentences.
- I point to parts of my body when you ask me where they are.
- I like to play simple games like peekaboo, sing nursery rhymes, and chase rolling balls.
- I'm forming special attachments to my parents and regular caregivers.
- I'm beginning to understand that I'm a separate person.
- I recognize other children but don't know how to play with them.
- I'm sensitive to other children's feelings and may cry if they do.



# Brain Games for Babies

Texas Child Care, Summer 2001 (used with permission)

By Jackie Silberg

## Snuggle Buggle, I Love You

(Newborn and older)

- Hold the baby in your arms and rock back and forth.
- As you rock, say these words two times: "Snuggle buggle, I love you. Snuggle, buggle I love you."
- On the word "you," kiss a part of the baby's body, head, nose, or toes.
- As weeks and months go by, the child may ask to play this game because it's so enjoyable.

## Tracking

(Newborn and older)

- Playing tracking games with the infant. Move your finger or a colored object back and forth in front of the baby's eyes.
- **Variation:** Do the same with a rattle, bell or other object that makes a noise to stimulate the baby's hearing.

## Bouncing Rhyme

(6 months and older)

- Seat the child on your lap facing you and say the following rhyme: I went downtown to get some butter (bounce the baby gently on your knees). When I got there, I fell in the gutter (open your knees &, while keeping a firm hold, let the child gently slip through).

## Get Rhythm

(Newborn and older)

- Clap the baby's hands together as you sing a simple song. The baby will watch your face and the hand movement. Do the same with the baby's feet.

## Tiggoty Toggoty

(15 months and older)

- Say the following rhyme with the child and laugh together. Tiggoty, toggoty, tigger. Call the hogs to supper. This one's fat (tickle the child's left leg). This one's lean (tickle the child's right leg). And this little hog is in between (tickle the child's tummy).

## Knees Up

(10 months and older)

This is a great diaper changing game.

- As the child lies face up, say the following English rhyme and do the actions. Knees up Mary Muffet (bend one of the child's knees up and bring it back down). Knees up Mary Brown (do the same with the other knee). Knees up Mary Macaroni (bend both knees at the same time). Take my hand around the town (take the child's hand in yours and move it in a circle).
- Repeat the rhyme and change the body parts: toes up, fingers up, arms up, etc.

## Where is Lucy?

(15 Months and older)

- Sing the following to the tune of Frere Jacques.
- Where is Lucy? (fill in the child's name) Where is Lucy? Here I am, here I am (hold the child's arms high overhead). Clap your little hands dear, clap your little hands dear (clap the child's hands together). Hip Hooray! Hip Hooray!
- Repeat the song and change the action. Instead of "clap your little hands," you could say, "touch your little nose" or "wave your little hands." Think of the kinds of actions the child can do and incorporate them into the song.

## Where's the Chick?

(15 months and older)

- Hide behind a door and say "cheep, cheep, cheep." Ask the toddler to find the chick.
- If the child has trouble, stick out your head or foot so that you can be seen.
- Hide in a different place and play the game again.
- Change the chick to a duckling, calf, or other baby animal. Each time make the sounds appropriate to that animal.
- After a few times, the child will want to hide and make the animal noise.

**NOTE:** This game helps develop listening skills in addition to language skills