

**1 - 4  
months**

**1. Talk softly to your baby when feeding, changing diapers, and holding them.** They may not understand every word but will know your voice and be comforted by it.

**2. When you see your baby responding to your voice,** praise and cuddle them. Talk to your baby and see if they respond again.



**3. Rest your baby, tummy down, on your arm, with your hand on their chest.** Use your other hand to secure your baby—support their head and neck. Gently swing them back and forth. As they get older, walk around to give them different things to see.

**4. In nice weather, take your baby on a nature walk** through a park or neighborhood. Talk about everything you see. Even though they might not understand everything, they will like being outside and hearing your voice.