Things to do together

- From a parenting magazine or the internet, cut out pictures of baby items. Let your child glue them onto a large piece of paper and then talk together about what the items are and how the baby uses them. Perhaps write down what your child says beneath each photo.
- Engage your child in a conversation about babies you know. Compare how babies are alike and different from older children.
- Make a list of all the things your child has learned to do since they were a baby.
- Measure your child’s height and show them how many inches they have grown since they were born. Talk about measuring. Look at a ruler or tape measure together and call out the numbers. Measure other things around the house.

Other Resources

Parenting From the Inside Out: How a Deeper Self-Understanding Can Help You Raise Children Who Thrive by Daniel J. Siegel