

1 MONTH VISIT

- 1 SING** Your baby knows familiar voices at birth! Singing can help calm your baby and listening to the rhythms and patterns in songs is a wonderful way to build your baby's language skills.
- 2 PARENTESE** Use Parentese - a sing-song, high-pitched voice with exaggerated expressions – when you talk with your baby. Babies love this type of voice and talking to them throughout the day is great for language development!
- 3 MOOD** If you're feeling sad or anxious, tell your doctor about it. You are not alone and we can help. Please let us know if you or your loved ones have any concerns about your mood.
- 4 SNUGGLE** Snuggle your baby! Touch is an important way for you to bond. Showing love and happiness to your baby helps build their brain and lets them know they are safe and loved.
- 5 CUES** Try and figure out what your baby is trying to tell you! By learning their different cries and faces, you know your baby BEST and what she likes or needs. See below to learn why it's important and what you can do.

What's that you say?

Vroom™ Tip: Play detective. Stop for a moment and observe your baby. What's your baby trying to tell you right now? Does that noise mean your baby's hungry? Does rubbing their eyes mean they're tired? Does looking mean they want to learn more? Talk to your baby about what you think they're thinking and feeling.

Brainy Background

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Babies can't tell you what they need with words. They tell you with their behavior. When you listen, and respond back with words and actions, you're telling them that their needs matter! You're also promoting communication. For more tips like these, download the free app at www.Vroom.org!