

Play  
Learn  
Grow

Discover  
and learn  
during  
everyday  
routines



# Discover and learn during everyday routines

Everything in  
your baby's  
world is new  
and fascinating.  
Talk to them  
about what they  
can see, hear  
and feel.

- Your baby is communicating with you with their facial expressions and gestures. Smile back when they look into your eyes.
- Is your baby starting to make sounds? Respond to your baby's sounds and have a 'conversation'.
- Nappy change and bath time are both great times for a chat or a song. Your baby loves the sound of your voice.
- Cuddles and touch are a beautiful, simple way to help your baby's development. Your baby's connection with you is essential for their learning.

For more information, talk to your Maternal and Child Health nurse, call **13 22 29** or visit **[raisingchildren.net.au](http://raisingchildren.net.au)**