**AT-HOME TIPS to make the most of everyday moments with your baby**

Everyday routines with your baby can be more than “routine.” Whether it is mealtime, changing diapers, or play time - turn everyday moments with your baby into valuable, brain-building moments.

### Morning

**GET DRESSED**

**Lip Lesson**
As you dress your child, copy the sounds you hear them make, like “ah, eee, ooo, bee, dee.” How do they respond? As you make a sound, place their fingers on your lips so they can feel the vibrations and movements of your lips. Try different sounds as you do!

### Afternoon

**DIAPER CHANGE**

**Diaper Song**
When you’re changing your child’s diaper, sing about what you’re doing. Watch them and copy the sounds they make so you can create a song together. Your song plus their sounds can become your own Diaper Song for changing time!

### Evening

**DINNER**

**Hand Talk**
Show your child how to tell you they’re feeling hungry by touching their hand to their mouth or rubbing their belly. If you do this over and over and then give them food while saying the word “hungry,” they will pick up the symbol and learn to talk to you with their hands.

### Brainy Background

When your child hears new sounds and sees you respond to the sounds they make, they can become focused and engaged. This enables them to learn new words and sounds that will help them learn to talk and read in the future.

Children can express themselves with their hands (for example, by pointing) long before they can use words. Helping them learn to use “Hand Talk,” will help them learn to communicate with words in the future.

Touching and listening to sounds fosters your child’s interest in listening and communicating. It’s never too early to begin playing back and forth with sounds. It won’t be long before you’re having back and forth conversations with real words.
 Visit WeAreBrainBuilders.org for more information on brain building tips to make the most of everyday moments with your baby.