

Let your infant's everyday activities

**POP**

with literacy-learning POWER!

# DAILY ROUTINES

## Meal Time

- Sing songs or recite rhymes while nursing, bottle feeding, or spoon feeding your infant. Position the baby so he/she can see your face.
- Talk to your baby during meals, naming the foods you serve and their colors, flavors, and textures.

## Rest Time

Play a CD or sing soothing lullabies to your baby while he/she is resting in the crib.



## Bath Time

- Play naming games during bath time with your baby, such as "Where are your toes? Mommy's going to wash those toes!"
- Take turns babbling back and forth with your baby during bath time.

## Diaper Changes

- Sing fun songs or nursery rhymes while changing your baby's diaper.
- Talk to your baby during diaper changes: "Now this is going to be cold. We're using a cold wipe".

Store some of your baby's favorite toys and books in the diaper bag to explore on long car rides or visits to the doctor.