

ile



5 - 10 mins



0 - 4 mths

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Hold your baby and sing some simple songs such as “Rock-a-bye Baby,” “Twinkle Twinkle Little Star” or other soothing songs.

Look at your baby whilst singing to them. This will help soothe them, encourage them to begin to make sounds themselves and to make eye contact with you

- Begin to imitate/copy your vocal sounds
- Follows your gaze with their eyes
- Develops expression by responding to your voice with coos and smiles
- Development of listening skills

Voice

Keeping a steady rhythm when singing and this will help to soothe your baby

Babies will enjoy your voice even if you think you cannot sing

Indoors or outdoors