



CONNECTING WITH YOUR BABY FROM A TO Z

ABCDEFGHIJKLMNOPQRSTUVWXYZ

A  ask baby questions

B  bathe baby in warm bath

C  count to baby

D  diaper changes = tickle time

E  encourage "gentle hands"

F  feed healthy foods

G  grocery shop together

H  hug and hold baby

I  invite friends for playdates

J  join a moms' group

K  kiss baby's cheeks

L  look at and describe everything

M  make peek-a-boo fun

N  nighttime routines are helpful

O  outings can break up the day

P  play, play, play

Q  quack, moo, meow

R  read, read, read

S  sing, sing, sing

T  talk, talk, talk

U  use sign language



V visit a pet store



W walk with baby



X x-tra snuggles all day



Y yellow, blue, green--point out colors everywhere



Z zippy, skippy zebra--rhyming words are playful