



## Play and Talk with Your Child

Your child learns from you. Talking and playing with your child are the best opportunities to help him learn an important social skill: getting along with others. And, your child will love having your attention as you talk and play together. You'll even have fun in the process!

### INFANT:

- Touch, hold, and cuddle your baby often. Pick her up and hold her to teach her that you will be there when she needs you.
- Sing to your infant. Repeat the songs and sounds that make him smile and laugh.
- Talk to your baby in a soothing voice, even if she does not respond. Point out things that she does. For example, say, "I see that you are smiling. Are you feeling happy today?"

### TODDLER:

- Sing songs and make silly voices with your toddler. You both may laugh!
- Play with your toddler everyday. Ask him what he is doing and if you can play with him. You might build a tower, roll a ball outside, or play a pretend game with stuffed animals.
- Tell your child a story from your childhood when you were his age.

### PRESCHOOLERS:

- Encourage your child to talk about his day. Ask your preschooler questions: "What was your favorite part of the day? What did you like best about it? What didn't you like about today?" Be sure to tell her about your day.
- Ask your child to pick a board game, card game, or puzzle to play together. Before you start, talk about the rules of the game and why they are important.



- When your child is playing imaginary games, ask her what is going on in the game and whether you can play with her.

### Book Suggestions

*Guess How Much I Love You.* Sam McBratney. Candlewick Press, 1994.

*The Runaway Bunny.* Margaret Wise Brown. Harper & Row Publishers, Inc., 1942.