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
