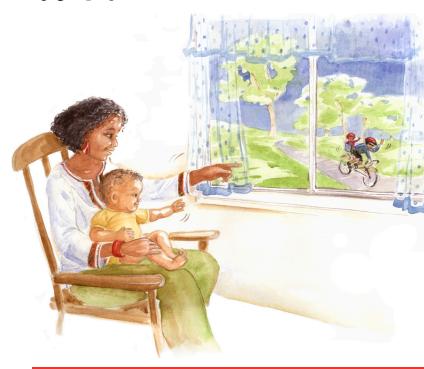


# A whole new world

### Let's play and talk together

- Take your infant outdoors.
- Sit on a comfortable seat such as a park bench, and hold your baby on your lap facing outward.
- Point out things that you see, e.g., children playing on a swing or slide. Describe the sights and sounds around you.



### A good read-together book



Look & See: Let's Count! by La Coccinella

If your child cannot sit up alone, you will need a sitting support such as pillows, an infant seat or a stroller

This activity is good for helping your child develop core strength and balance while sitting, and for learning new words.

### Hints for success

- Help your baby to sit up "tall" instead of leaning back against you. Support your infant with your hands around the waist and thumbs against the upper back.
- If your baby is not quite ready to sit, use an infant car seat and sit side-by-side so you can both look out together.









# More ideas for A whole new world

## Try this way

- Hold your baby upright on your lap while you both look out a window. Enjoy the view or the actions of people, cars or animals.
- Hold your baby upright on your lap while talking with a friend. Your baby will watch the expressions and listen to the tones of other people talking, and might try to join the conversation by babbling.
- When your baby is ready to sit alone, begin on the floor with pillows behind and beside for support and safety. Once the pillows are not needed, place a toy in front to help your baby focus forward.



### Safety tip

Keep padding around your baby when he or she is learning to sit.

#### A whole new world

In this world so big and bright, I coo and move from day 'til night. So much to see, so much to do, Each day I discover something new.

Author unknown



