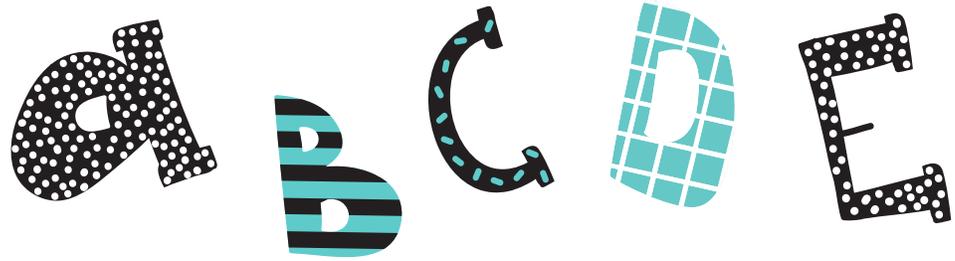




MEDIUM 13-22 lbs (6-11 kg)



**YOUR BABY CAN HEAR EVERYTHING** you say and sing, and may begin mimicking sounds. Around the one year mark, they may even say or babble their very first word. They understand roughly fifty words and are eager to learn more, as their curiosity continues to grow. So, keep the dialogue open, and introduce your baby to their new favorite song, *The ABCs*.

Even during a simple (or sometimes not so simple) diaper change, you and your baby are connecting. This necessary activity can be a great time to deepen the bond between the two of you. Following are some 'smart tips' to help stimulate your baby's brain development during diaper changes.

**SING THE ALPHABET SONG!** Point to the letters on your baby's diaper and engage their developing senses of sight and sound.

**CHOOSE A LETTER** and connect it to a word. A is for Apple. B is for Baby. C is for Confidence! You're doing great.

**SPELL YOUR BABY'S NAME** while pointing to the letters on their diaper. Sure, they can't read or write yet, but your baby is absorbing everything right now.

**TELL A JOKE!** Your baby is your best audience. Funny facial expressions and silly sounds will make your baby bust out laughing.

**MAKE UP A SONG.** Your baby loves the sound of your voice and will start to catch onto the rhythms of conversation.

**NARRATE WHAT YOU'RE DOING.** Say when you open and close the wipes container or throw away a diaper. This can teach your baby cause and effect.

**CHOOSE A LETTER** from your baby's diaper and tell a story! "Z is for Zelda the zebra who took a zipline to Zanzibar!" Have fun with it.

**RECITE ALL THE VOWELS** (A-E-I-O-U), while pointing to the letters on your baby's diaper, letting them hear the different sounds as they see the shape of your mouth change.

**REPEAT YOUR BABY'S NAME** over and over. Eventually, they'll catch on and recognize their own name.

**SING** "Head, Shoulders, Knees and Toes" while pointing to your baby. This will teach them about their body parts.

**SURPRISE THEM** with a game a peek-a-boo! It never gets old. (For them!)

**LOOK YOUR BABY IN THE EYE.** Blink. Give a wink. Your baby loves looking at your face and is building memories with every experience.

**BLOW A RASPBERRY** on your baby's tummy for fun.

**LOOK FOR SORE SPOTS.** Diaper rash is common and can be easily cured with the right care.

**REMIND YOURSELF** that you're doing a phenomenal job and that you are the most important person in your baby's life at this moment.

**STIMULATE THEIR VISION** by holding up colorful pages of your favorite baby books. Let them stare at the pictures and notice the differences between images.

**PLAY YOUR FAVORITE RELAXING MUSIC.** Soothe your baby and yourself.

**STROKE YOUR BABY'S SOFT HAIR** to relax you both.

**PUFF UP YOUR CHEEKS** and gently let out the air onto your baby. Your baby is watching, listening, and feeling all of it. Every new thing you do fills your baby with wonder.

**SAY "I LOVE YOU"** as much as you can and know your baby loves you back.