



little connection #564
HOLDING HANDS

WAYS TO CONNECT WITH YOUR CHILD

When we are with babies and young children, it's easy to focus on their physical needs – feeding them, changing them, making sure they are warm enough. But did you know how much little connections mean for a baby's development? Nurturing, consistent and safe relationships with parents give babies opportunities to learn about their world. These relationships and interactions build a baby's brain. A baby's brain is more active - ready to learn, and interact - now than at any other point in their life. When you talk, play, smile, touch, care for, cuddle and read to your baby, you are helping to make little connections that make a big difference in how your baby's brain develops.

Helping your child learn all about their world and the people in it doesn't take a lot of time and doesn't cost anything. The little things you do each day mean the most.

LEARN MORE

Visit [1000wayswecare.org](https://www.1000wayswecare.org) to learn more about the 1000 Ways We Care program and how you can help.



little connection #372
GOING FOR A RIDE
ON DAD'S FEET

LITTLE CONNECTIONS, LIFELONG FOUNDATION

1,000 ways
we care

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KOHL'Scares

Babies observe, learn and grow every time they interact with others.

Babies' brains develop and grow more now than at any other time in their lives. Little connections are important for building their brain's foundation.

There are thousands of ways we can connect with babies every day. Whether it's taking turns cooing, playing peek-a-boo, or touching her toes, every little connection makes a difference.

See a few examples of the **1,000 ways to care**



0-4 months

- Talk to your baby about everything; describe what you are doing and how are you feeling.
- Play peek-a-boo.



4-6 months

- Encourage your baby to reach out and grab things.
- Describe the differences between his toys as he looks and touches them. Say things like, "This one is..."



6-9 months

- Play with bath toys and blow bubbles while she's in the tub.
- Hand him something and wait for him to hand it back to you. Say, "Now it's your turn" and "Now it's my turn."



9-12 months

- Play appearing/disappearing games by hiding toys and asking your child, for example, "Where's the ball? Where did it go?"
- Talk to him as you move out of his sight so he knows you are near.



12-15 months

- Blow bubbles outside or at bath time and let him chase, poke and pop them.
- Make noise with him with his blocks, toys and pots and pans and a wooden spoon.



15-18 months

- Once he's mastered something, teach him something new - instead of rolling the ball, bounce it to him.
- Give your toddler choices between two things that you've already pre-approved - which color shirt do you want to wear today, the red one or the blue one?



18-24 months

- Listen to music, sing and dance together.
- Play freeze-dance, duck-duck-goose or dance "The Hokey-Pokey" together.