

# Alert Attention

Age: Infants (0-8 months)

This activity helps your child's development in this domain: Social-Emotional

What You Need:



- None

What To Do:

1. When your baby is awake, pay attention to her as much as possible.
2. Talk to her about the things and activities around her.
3. Smile at her often and respond to her smiles.
4. Cuddle her and gently stroke her face, arms, and legs.
5. Hold her so you are facing each other.
6. Kiss or blow three or four quick kisses on your baby's tummy. Exaggerate your movements by shaking your head as you blow on her tummy with your lips.
7. Encourage other family members to talk and play with her.
8. Respond to her cries with a gentle voice. Don't let your baby cry it out. Crying is her way of communicating; your response lets her know you hear her and care.



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