

Prenatal Play

Instructions:

With babies:

1. Place a small amount of oil in your hands and warm it.
2. Gently rub your belly in circles.
3. Encourage a family member to help.
4. Talk to your baby and say, "Hello baby, how are you?"
5. Also you can read a book to your baby!
6. Play music and let your baby hear soft noise.

Materials:

- Small cup of natural vegetable oil (olive, sunflower, or canola) or lotion



What they learn:

Language: When you talk to your baby, he develops receptive language.