

## Two to six months: serve-and-return activities

Babies communicate in many ways. Your baby will still communicate with you by crying. However, their cries will become easier to understand. Between 2–6 months, your baby will also move from cooing and gurgling to babbling. Continue to talk and interact with your baby as much as possible.

Your baby's brain cell connections become stronger when you engage in serve-and-return interactions. Here are some examples of what this might look like with your baby:

### Activities

#### Reading, reading all the time

**Your baby serves when they:**

- Smile at you when you talk and sing

**You return their serve when you:**

- Sing, talk and look at books with your baby



Read books to help your child learn language and listening skills. Reading gives you both time to enjoy each other's company in a calm and peaceful way. Point out and describe different objects as you read. For example, "This is a ball." "See the ball?"

#### Let's talk

**Your baby serves when they:**

- Coo and babble with sounds such as "uh," "ah," "ma" and "buh-buh"

**You return their serve when you:**

- Copy your baby's sounds and actions



Describe your baby's experiences in words to help them learn what you're doing. Talk about what your baby may be thinking and feeling when you care for them. Say what you imagine your baby would say. For example, "That feels nice", or, "Get this wet diaper off of me!"

#### Get face-to-face

**Your baby serves when they:**

- Laugh, giggle, and shout

**You return their serve when you:**

- Keep doing the things they are enjoying - make funny faces, or stick out your tongue. Wait to see if they copy you, then do it again



Talk, sing, smile, and make faces together. Keep doing the things they are enjoying.