

# 5 Ways to Help Your Infant Learn, Grow, & Discover

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Infants develop learning the greatest by using their senses. They respond through stimuli and learn by doing.

Here are 5 ways you can encourage your infant to learn to their fullest potential, while having fun together!

- 1. Show them objects.** Increase their awareness by moving them, letting them practice grasping, and having objects that make noise attracts their attention the greatest.
- 2. Practice tummy time every day!** This increases their muscles in their back and neck to develop their gross-motor development for sitting, crawling, and rolling over.
- 3. Smell and Taste!** Using everyday objects, have them smell and taste different flavors of liquids, scents of smells, and textures or flavors of foods.
- 4. Sensory play!** Sit them in their highchair or on the floor. Have them play in different sensory type of low-buckets for easy reaching. Things like water, jello, whipped cream, big rocks, and tissue paper are all great things for infant exploring!
- 5. Hide-N-Seek Games!!!** An infant loves this type of game, not to mention it is great for building object permanence. Hide objects in a bag or box, you or your infant pull them out for exploring!

A baby: A small, innocent human being that has only been a part of this world for less than a few days.

A life: A chance given to you by God to make the best out of it.

“Teach, Learn, Love, and Smile”