

1 Month Visit



Sing

Your baby knows familiar voices at birth! Singing can help calm your baby and listening to the rhythms and patterns in songs is a wonderful way to build your baby's language skills.

Parentese

Use Parentese—a sing-song, high-pitched voice with exaggerated expressions—when you talk with your baby. Babies love this type of voice and talking to them throughout the day is great for language development!

Mood

Sleep is so important for early brain development. Keeping a newborn awake during the day will not help him sleep better at night. To keep your baby from getting too tired, try to get your baby to sleep after being awake for 1.5-2 hours.

Snuggle

Snuggle your baby! Touch is an important way for you to bond. Showing love and happiness to your baby helps build their brain and lets them know they are safe and loved.

Cues

Try and figure out what your baby is trying to tell you! By learning their different cries and faces, you know your baby BEST and what she likes or needs.

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Story Snuggle

Your child loves snuggling and hearing your voice. Get close and cuddle with them while sharing a story or song. Use a calm, quiet, and soothing voice to help them fall asleep quickly. This can become a nightly routine that lets them know it is time for bed.

Suggested Age

Vroom is not a diagnostic tool. For more info ask your child's doctor.

0 - 2 years

Brainy Background™



Creating a trusting relationship, with feelings of closeness and security, sets up an environment for learning. Talk back-and-forth and share words and sounds with them in stories and songs. When you do, you help them become lifelong learners.

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