

ACTIVITY TIME

Baby Touch: Colours

Illustrations by Lemon Ribbon

A bright, colourful board book, Baby Touch: Colours is an interactive sensory experience for babies and toddlers.

Touch and feel!

You will need:

- You and your baby.

What to do

1. When you are changing your baby, talk to them about the different things around them they can touch and feel. For example; a soft singlet, woolly sock, fluffy toy, or hard rattle.
2. Help your baby feel the different items by holding their hand next to the item.
3. Explain the different textures. “This sock feels woolly”, “This singlet feels soft”, “This rattle feels hard”.
4. Even though your baby doesn’t know all the words you are saying, they enjoy spending time with you and hearing your voice. Listening to the words you are saying helps them engage and learn.

Talking with your baby

Talking with your baby can feel odd when they can’t speak back to you, but it is one of the most important activities you can do to help support your baby’s language development.

Here are some of our favourite tips for chatting with your baby:

- Chat about what you are doing with your baby. Tell them “We are heading out to the park today, it is cold so let’s make sure you have a warm hat on.”
- Read books with them. It can feel strange having a conversation with a baby, so reading books can help! Read the words and describe the pictures to your baby
- Have conversations with your baby. Ask questions and pause to allow them to respond. It might not be with words, but babies can respond with a smile, or by cooing and babbling
- Make sure your baby can see your face while you are chatting. They will be watching how your mouth moves, and it won’t be long before your baby starts to copy you
- If you get stuck for ideas, sing a song. Singing is not only fun, it slows down our speech and your baby will be able to hear the parts of the words more clearly. Sing songs with simple hand actions to add meaning to what you are saying.

Songs to sing

I Can Sing A Rainbow, Five Little Ducks, or Five Little Speckled Frogs.

Key message

Children learn through being engaged and doing.



Adult supervision is required at all times when children play or are around water.

