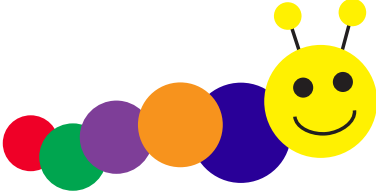


BABY BOOKS to GO



Find more info, book suggestions
and other activity sheets at
babybooks.pcls.us

Rhyming Fun

Kissy, Kissy Fingers

Kissy, kissy fingers
Kissy, kissy toes.
Kissy kissy baby,
On your kissy, kissy nose.
I love to kiss your fingers.
I love to kiss your toes.
I love to kiss my baby,
On her kissy, kissy nose.

Fussy Times

It's normal for babies to have fussy times. Comforting your fussy baby communicates that they can count on you for love and comfort when they are stressed. This is very important for healthy development. Plus, cuddling strengthens connections in baby brains!

Ideas & Tips

- Begin by ensuring that your baby doesn't have any pressing needs—hunger, diaper change, etc.
- Rock your baby gently back and forth or up and down. Rocking is often very soothing.
- Take your baby out into nature. The natural world has a proven calming effect on humans. Visit a park or stroll your neighborhood.
- Sing softly. Your baby loves the sound of your voice! Whether you feel you can sing or not, your calm voice is soothing to your baby.
- Talk softly with your baby about feelings and how hard it is to feel them sometimes.
- For some babies, a ride in the car or stroller is calming.

More Books

- **Goodnight Moon** by Margaret Wise Brown
- **Happy** by Emma Dodd
- **Baby Faces** by Margaret Miller
- **Lots of Feelings** by Shelley Rotner



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