

# Learning at home one-pager: Babies (0-12 months)

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## Every day

- Answer your baby's sounds, looks and reaches, then pause for their turn.
- Talk face to face during feeds, changes and bath time.
- Share a picture book for a few minutes: point and name.
- Give daily floor time with safe things to explore.
- Keep a calm, predictable bedtime routine.
- From 4 months, aim for 12-16 hours of sleep a day, naps included.

## Things to talk about

"You're looking at the dog! A big, fluffy dog."

"Uh-oh, the spoon fell. Here it is!"

"Ba-ba-ba? Ba-ba-ba! Tell me more."

"Where are your toes? There they are!"

## Go easy on

- Screens other than video calls before 18 months.
- Expecting to read every cue right: mix-ups are normal, and repairing them is part of a healthy back-and-forth.