



Nurturing Activity 0-3 Months Tongue Twister

Why do this Activity?

- To stimulate early brain development
- To demonstrate how babies learn from imitation

1. How to do this activity:

2. Put your baby on the mat/floor in front of you on his back.
3. Put your face 10 inches above his face.
4. Call his name until he looks at you.
5. Stick out your tongue. Move it slowly in and out of your mouth.
6. If your baby is not too tired, your baby will probably copy you. She will stick her tongue out too.
7. If your baby turns his head away, give him a little rest before trying this again.
8. Playing this game will not teach your baby to be disrespectful or stick his tongue out when he is older.

SOURCE: Growing Great Kids: Birth to 12 months, Great Kids, inc. 2004. (Elliot & Flanagan)