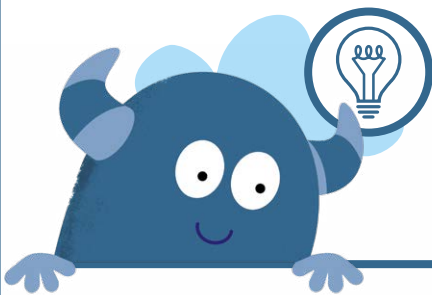




ALL ABOUT ME

by Dorling Kindersley

An ideal first board book for your baby.



Encourage playful interaction between you and your little one by reading along as they follow the rhyming actions and learn to recognise parts of their body.



Naming Body Parts

Naming body parts is a great way for your baby to start to learn about themselves, as well as hearing new words.

Try touching different body parts on your baby and naming them at the same time. That way, your baby will start to connect what you say with where you touch.



<https://www.bbc.co.uk/tiny-happy-people/body-parts/zdhvmfr>

Baby Moves

Your baby's favourite playmate is you - so try to spend time playing with your baby every day.

Did you know that playing requires a lot of your baby's brain and muscle power?

It helps develop their social, intellectual, language and problem-solving skills - and is one of the main ways they learn about the world.



<https://www.nhs.uk/start4life/baby/baby-moves/>

Ten Little Fingers

*Ten little fingers, ten little toes,
two little ears and one little nose.
Two little eyes that shine so bright,
and one little mouth to kiss goodnight.*

Touch the different parts of your baby's body as you say the rhyme. As your little one gets older you could introduce counting with this rhyme too.

