

Soothing Lullaby Time

MUSIC RHYTHM | Ages 0-3 months | 10 minutes

About This Activity

Introduce musical sounds and rhythm to calm baby and support auditory development.

Materials Needed

- music player
- comfortable chair

Step-by-Step Instructions

Hold baby close and sing or play soft lullabies. Rock gently to the rhythm. Make eye contact and smile. This works well for bedtime routine or calming fussy moments. Repetition of the same songs helps baby recognize patterns. 10-15 minutes per session.

Developmental Benefits

AUDITORY, SOCIAL EMOTIONAL, LANGUAGE