

Hot and Cold Activity for Babies

This activity exposes your baby to new sensations and allows him to connect those sensations to language.

Take a bowl of warm water (not too hot!!) and a bowl of ice water. Dip the baby's hand in the warm water. Say, "¡Está caliente!" Dramatically blow on your baby's hand as if to cool it off. Now dip the baby's hand in the cold water and say, "¡Ay, que frío!" Take your baby's hand and rub it in between both of yours to warm it back up. Repeat as many times as the baby seems to enjoy it.