

# Baby Time

## Jeremiah

(Substitute your baby's name.)

**Jeremiah, blow the fire puff,  
puff, puff!**

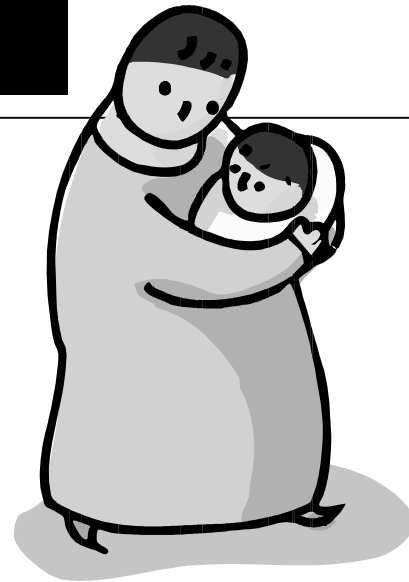
*(Blow little puffs on baby's tummy.)*

**First you blow it gently.**

*(Give a sustained gentle blow.)*

**Then you blow it rough!**

*(Blow a big gust.)*



Gentle touch triggers production of growth hormones and helps baby's immune system.

How can you help?

Gently rock and bounce your baby as you sing lullabies and gentle songs.

Sing often to your baby. Your baby doesn't care if you sing off-key.



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