



Baby Kindnesses

Take a look at this list of kindness ideas. Fill in the blanks with any others ideas that you have. Print out the list, cut out the kindnesses, and put them in your jar. Pick one a day (or as many/as often as you want) and start spreading the kindness!

Give baby a massage after you change their diaper. Watch how to do this [here](#).

Let bath time run extra long, and enjoy some extra silly water play.

Play or sing one of your all time favorite songs for baby.

Do a silly dance for baby.

Smile at baby and watch baby smile back. Keep the smiling cycle going!

Give a “butterfly kiss” by fluttering your eyelashes on baby’s cheek.

With baby in tow, pick a flower bouquet and leave it on someone’s front door.

With baby in tow, weed or sweep the sidewalk in your neighborhood.

With baby in tow, water a plant and talk to the plant as you do.

With baby in tow, notice a tiny a bug and take a moment to watch it together. Talk to baby about what is special about this tiny friend.

Do something nice for yourself!