

My Baby and Me

The My Baby and Me book is a Family Learning book created by Limerick and Clare Education and Training Board. Each page gives parents an opportunity to explore eight key themes in an experiential and fun way together with their babies.

The themes explored include:

- *Reading with your baby*
- *Mirroring*
- *The importance of touch*
- *Exploring the world together*
- *Talk and listen to me*
- *Sing with me*
- *Play with me*
- *Move with me*

Family Learning



Bord Oideachais & Oiliúna
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Parents send pictures of their baby and family members which will then be added to the characters in the book. There is also space at the front and back of the book for a group picture. Parents take this book home as a keepsake, a resource and a reminder of the themes explored.