

# Baby Play!



Hi, Folks!

I'm your baby--  
and playing with you is the  
best part of my day!

Playing will develop my brain and body--  
and make me fall in love with you!

Here are some ways we can play.

## I'm 7, 8 and 9 months old!

I love to play with you every day!  
Time with you means more to me than toys.



I like being on the floor or outside on  
the grass. I like to crawl and explore.



### I like:

- using a small cup
- eating with my fingers
- splashing and playing in the bath
- hugs and cuddles
- games like peek-a-boo and patty-cake

### I also like to:

- bang on a pot with a spoon
- stand on your lap and bounce gently
- pull to a stand, holding your fingers
- pick things up and drop them
- go for a horsey ride on your knee or ankle



### Let's get into a routine of reading!

I like:

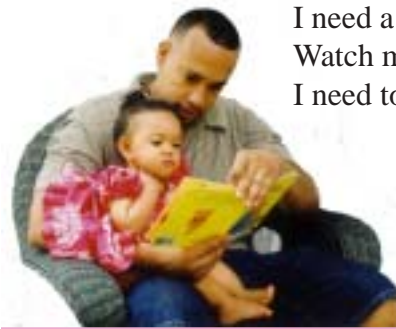
- nursery rhymes
- pictures of animals, toys, and children
- family photo albums



I like real or toy phones, blocks, balls, soft dolls and  
animals, mixing spoons, plastic cups, pots and pans,  
paper cups, and empty boxes.

## I'm 10 and 11 months old!

Wow--Look at me! I can crawl and I can pull myself up to  
stand! Maybe I can even walk if I hold on to something.



I need a safe place to practice because I fall a lot.  
Watch me all the time--but please let me be active.  
I need to keep trying to do new things.

My toys should not have rough edges or  
small parts. They need to be too big for me  
to swallow and too tough to break.

### I like:

- having you read to me
- playing with kitchen things
- sitting on the floor and rolling a ball back  
and forth with you
- toys that help me sort shapes



### Please let me:

- drop things
- explore
- bang things together and shake them
- put things in containers
- feed myself finger foods
- use my cup



### Here's something new we will try:

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## I'm Your Newborn!

We are forming a special bond by talking and playing. I can show you what I like.

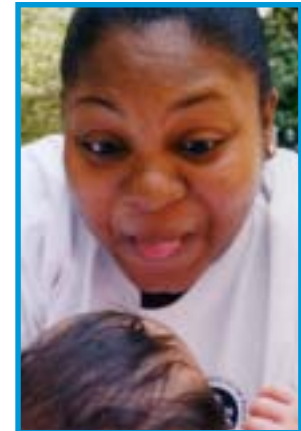
Watch me! I will let you know what makes me happy.

I love your gentle, loving touch. You can't spoil me by holding me too much. Holding me helps my brain develop--and makes me love you!



### I like:

- being on your chest
- looking in your eyes
- feeling safe and loved
- walking with you
- rocking



### I am already learning.

I know the sound of your voice. I like you to tell me about everything you are doing.

Let's talk and play when I am quiet and alert.

Stick out your tongue slowly a few times. Maybe I can do it, too!



I can see things about 8 to 12 inches away, so hold me close.

### I also like:

- a gentle rub after my bath
- looking at a bright window
- things that smell like Mom
- being comforted by stroking, hugging, and singing

## I'm 1, 2 and 3 months old!



I still love to look at your face. By 3 months old, I see things just about as well as you do.

Play with me every day. It develops my brain and it's so much fun!

### We are bonding!

- Show me new things.
- Sing to me.
- Hug and cuddle me.
- Play music and dance with me.
- Tell me what we are doing when you dress, feed, and change me.

When I'm awake, I need some time on my tummy to help me control my head. Move a bright toy in front of me to make me turn my head. As I get older, I'll reach for it.

### I like:

- a child-safe mirror in my crib
- when we coo back and forth
- bright colors and patterns
- playing with my hands
- splashing and kicking in my bath
- your smile and goofy faces



Could we play "This little piggy went to market"? I love the part at the end where you tickle me up to my neck.

### I also like:

- kissing sounds
- clicking sounds
- classical music
- lullabies

## I'm 4, 5 and 6 months old!



Play with me every day! I'm a lot of fun!

Get down on the floor with me. Put a toy right in front of me, just one at a time. Encourage me to reach for it.

I like toys of different shapes, colors, and sizes.

### I like:

- my feet
- my face in a mirror
- knee rides and very gentle bouncing games
- rattles and bright teething toys
- seeing bright pictures
- hearing you read to me every day
- touching things and putting them in my mouth

### I like Peek-a-boo!

Cover your face and then ask me where you are. Uncover your face and say, "Peek-a-boo! I see you!" Smile so I don't get scared.



### Please help me be active!

- Pull me up to a sitting position.
- Pull me from sitting to standing when I'm ready.
- Help me roll over.
- Put me on my belly and let me move around. I can push my bottom up and lift my head and shoulders.
- I need to move! Don't let me stay too long in the crib, infant carrier, or baby swing.

Everything goes in my mouth, so make sure all my play things are bigger than the inside of a toilet paper tube. Watch for sharp points and edges, and pieces that can come off.

