# Easy Ways to Play with Your Baby

## 0-2 Months

<table>
<thead>
<tr>
<th>Activity 1</th>
<th>Activity 2</th>
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</thead>
<tbody>
<tr>
<td>Make eye contact with baby.</td>
<td>Sing lullabies or favorite songs.</td>
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<tr>
<td>Massage baby’s hands and feet.</td>
<td>Try singing songs (“Pat-a-Cake”, “Twinkle, Twinkle”)</td>
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<tr>
<td>Stick out your tongue - baby can imitate!</td>
<td>Kiss baby’s cheek, head, hands etc.</td>
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<tr>
<td>Hold baby skin-to-skin - great for dads too!</td>
<td>Read and talk to baby whenever you can..</td>
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<tr>
<td>Dance slowly while holding baby.</td>
<td>Snuggle! Snuggle as much as possible.</td>
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</tbody>
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## 2-4 Months

<table>
<thead>
<tr>
<th>Activity 1</th>
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</thead>
<tbody>
<tr>
<td>Place a rattle in their hands and help them learn to hold it for 10-20 seconds.</td>
<td>Place a jingle bracelet in baby’s hands and watch them inspect it.</td>
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<tr>
<td>Make an arc over baby’s head with a rattle; see if they will visually follow it.</td>
<td>Place a bag of rice or a piece of mylar under baby’s feet for them to kick and make sound.</td>
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<tr>
<td>Hold baby in your lap facing you. Watch them search to locate your eyes and mouth.</td>
<td>Place baby in front of a mirror and notice their reaction to their reflection.</td>
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<tr>
<td>Talk slowly to baby. Watch them focus on your mouth. They are learning!</td>
<td>Read books while looking at baby’s face. They love learning to imitate sounds!</td>
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<tr>
<td>Place a connecting ring in one of baby’s hands. Help them bring it to their mouth.</td>
<td>Play peek-a-boo with baby is in your lap looking at you. Do it slowly and keep your “peek-a-boo” quiet/calm.</td>
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</tbody>
</table>
# Easy Ways to Play with Your Baby

## 4-6 Months
- Place a small clean washcloth over a toy and practice peek-a-boo.
- Rip a sheet of newspaper in front of baby. They will probably laugh!
- Play Piggie Toes...“This little piggy went to market...”
- Offer baby a toy in each hand and see how long they can hold onto the toy before they let go.
- Practice fun sounds in front of baby like “shhhhh” and watch them turn their head toward the sound.
- Get baby in the “happy baby” position on their back and encourage them to bring their feet to their belly, close to their mouth.
- Shake a bell or maraca when baby isn’t looking. Watch them search for the sound.
- Sit baby on the floor between your legs and pass a ball to an older child or adult so they begin to learn a simple game of back and forth.
- Practice smiling back and forth with your baby.

## 6-8 Months
- Place a maraca in baby’s hand. Grab one yourself and shake it. Watch them imitate you!
- Object permanence is developing at this age. Peek-a-boo becomes more fun as your baby gets older.
- Stand up as your baby sits on the floor and drop or bounce a ball. Prepare for some laughter!
- Bring out pots and pans to place on the kitchen floor. Let baby bang on them with a wooden spoon or spatula.
- Place baby on their tummy and move a toy slightly out of their reach in front of them or to the side. Watch baby move to get it.
- Sit baby in front of a mirror - any size will do. Just make sure it can’t fall them. Watch them react to their reflection!
- While baby is sitting, run very fast past them over and over. This will make them laugh, and they might sign for “more.”

## 8-12 Months
- Blow bubbles for your baby and teach them to pop them with their hands.
- Teach baby how to take off their own socks. They’re going to do it eventually anyway, and it’s a great developmental skill.
- Encourage baby to turn the pages of board books as you read to them.
- Stack blocks and teach baby to knock them over. Repeat!
- Imitate and teach baby hand motions - high fives, clapping, waving and “knuckles.”
- Wrap a ball in a small clean towel and see if they can unwrap the “present.”
- Play “take the rings off” with a ring stacker. Encourage baby to do it themselves.
- Model stirring a spoon in a cup and see if your baby will imitate you.
- At this age babies love dump and fill activities. Try it with light-weight balls, shape sorters or blocks and a bowl or bucket.
- Offer your baby an empty cup and show them how to “cheers.” See if they can initiate the “cheers” and go back and forth.