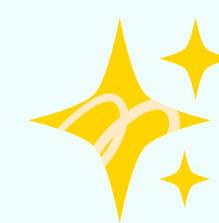


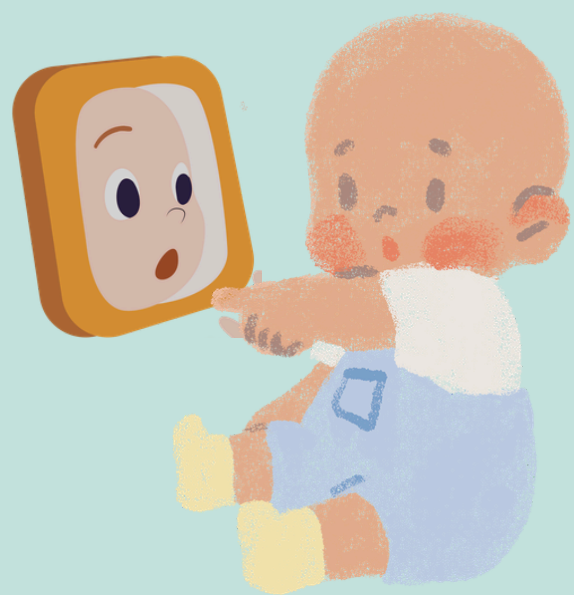
EVERYDAY PLAY TO SUPPORT BABY'S GROWTH



MIRROR PLAY



Talk to baby while they look in mirror and/or place mirror on their belly or side in front of baby. This helps baby take notice of movement and encourages reaching, head control, and social interaction.



SIDELYING PLAY

Lay baby on their side while participating in play activities. This helps baby bring their hands together, reach for toys, build strength to support rolling and promotes body awareness.



TUMMY TIME

Place baby on their tummy to strengthen their neck, shoulders, arms, and stomach muscles. You can place them on the floor, on your chest or lap, on a pillow, or over a rolled up blanket. Use toys or caregiver to entertain and support baby in this position. Adjust time baby is in this position based on age and baby's signals. This promotes crawling development and reduces risk of baby's development of abnormal head shape.



TOY POSITIONING



Place toy slightly out of reach to encourage baby to move, strength, and roll to get it. Place toys at different heights to motivate baby to sit, stand, and pull up. This builds strength, coordination, and cognitive skills.



OBSTACLE COURSE

Create a simple obstacle course using household objects such as pillows, blankets, or boxes to encourage baby to crawl or walk around. This builds strength, balance, and confidence while baby explores their home environment.



TIPS:

- Watch for signs baby is tired, unhappy, needs a break or comfort.
- Limit time in containers. (ex: bouncers, car seats, swings)
- Build a safe environment.
 - Clear floor so baby can roll, reach, and move safely.
- Place a rolled up blanket behind baby's back while in sidelying.

References:

