






Helping my baby learn through play: 0 to 3 months old.

TOUCHING, MOVING, SMELLING, TASTING, HEARING AND SEEING
Your Baby is learning really fast. They need your help and guidance.

Play Idea	How does it help my baby?
<p>Interacting with Faces</p> 	<p>Helping my baby learn through interacting</p> <ul style="list-style-type: none"> • Expensive toys are not needed. Your face is the best toy for your baby! • Your baby loves looking at, exploring and touching your face. • Your baby loves hearing your voice and it helps your baby develop language. • Pause when talking to your baby and wait for your baby to respond and take a turn. This is the beginning of a conversation!
<p>Interesting things to look at</p> 	<p>Helping my baby learn through looking</p> <ul style="list-style-type: none"> • Young babies like interesting things to look at and contrasting patterns. • It helps visual attention and learning skills. • Pictures should be about 30cm from your baby's face • Note: ensure pictures are not too close to your baby's face and use them only a few minutes at a time when your baby is looking and interested.
<p>Play Mat</p> 	<p>Helping my baby learn through exploring</p> <ul style="list-style-type: none"> • It promotes reaching, grasping and visual stimulation • It helps with learning to bring hands to the middle • It stimulates lifting legs to kick toys • Change position of the toys to promote exploration and visual interest.
<p>Rattles and Teethers</p> 	<p>Helping my baby learn through using their hands</p> <ul style="list-style-type: none"> • It promotes reaching and grasping • When your baby holds a toy, it draws attention to your baby's hands • It stimulates using hands to bring an object to mouth • Toys that make a gentle noise like rattles help your baby begin to develop an understanding of cause and effect
<p>Tummy Time when Awake</p> 	<p>Helping my baby get ready to crawl</p> <ul style="list-style-type: none"> • It helps to become comfortable with lying on tummy • It provides an opportunity to develop head control and arm strength <p>Note: Try this frequently and for short periods throughout the day within your baby's tolerance.</p>

Did you know? Babies learn in the context of a relationship so talking, playing and affectionate touching will develop your babies cognitive, language and motor skills.

Play is how a child learns. This leaflet was created to provide ideas for activities which can support development of language, cognition and motor skills. The focus is not on specific brands of toys and this is not an extensive list. Development varies from child to child and if you have any concerns about your child speak to your GP or health visitor.

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Tips to improve engaging in play with 0 to 3 months old:

Play together in a variety of positions

Cradle Hold:



Place your baby's head in elbow, holding his/her body with both hands

Tiger in a tree hold:



Lay baby across arm with your hand separating their legs, place your other hand on the baby's back for support

Shoulder Hold



Rest your baby's head on your shoulder, supporting the head and neck with your other hand

Lap hold:



Place your baby's head by your knees, supporting with both hands

Remember the importance of ...

When picking her or him up ...



Ensure that your baby's body touches the surface before their head. Otherwise, it might startle your baby.

Lots of skin to skin time



Your baby rests against your bare chest, covering yourselves with a blanket. Regulates heartbeat, breathing, temperature. It promotes bonding between you and your baby

Social-emotional growth



Babies at this age usually show growing self-regulation and interest in the world by smiling at people and bringing hands to the mouth to provide calming effects

Boost your baby's brain...

Frequent face-to-face time



Helps form a loving and close relationship
Use this time to talk and sing to your baby

Talking Activities



Talk through actions with your baby while changing nappies, feeding, etc.
Repeat sounds made by your baby
Take turns in talking.

Dancing with your baby



Sway smoothly with your baby in your arms within their tolerance, giving them breaks to adjust to the movements

Did you know? Babies love attention and thrive when their communication attempts such as looking and making noises are responded to. Remember that expensive toys are not needed: your face and voice, a walk in the park watching the leaves move will all be very interesting to your baby.

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