

Play Time!

Babies need to move and play. It helps them to grow up big and strong.

Playing and moving in the day helps babies sleep more at night!



Play Games!

- * **It is fun to help your baby clap her hands.**
- * **Let your baby see himself in a mirror.**
- * **Help your baby pick up blocks.**

Babies grow strong by moving their arms and legs. Put your baby on a soft blanket on the floor and let her wiggle. Don't leave your baby alone. She wants to play with **you!**



Older babies love to play more and more!

- * You can help your baby practice sitting or standing.
- * Sing songs or dance with your baby!
- * Older babies like to play with other babies.

Give your baby fun to play with!
Babies love to play with :

Soft Blocks **Soft Balls**
Bubbles **Plastic Bowls and Spoons**
Rattles **Books**
YOU!

Make sure that toys are safe!
Baby toys should be bigger than the inside of a toilet paper roll.
Baby toys should not have any small parts or sharp edges.

