






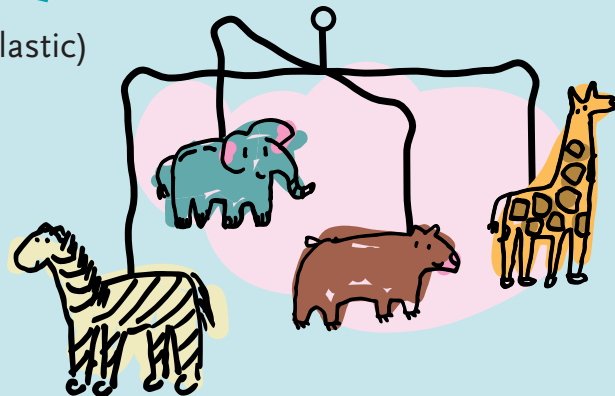









Toys to play with:

-  Floor mirrors (plastic)
-  Pop-up toys
-  Rattles
-  Bubbles
-  Mobiles
-  Soft blocks
-  Soft balls






Things at home to play with:

-  Spoons
-  Plastic bowls
-  Empty pie tins
-  Plastic cups
-  Empty paper towel tubes
-  Empty boxes
-  Empty baskets









Make sure items are bigger than the inside of a toilet paper roll to prevent your baby from choking.

Games to play:

-  Peek-a-boo
-  Hide-and-seek
-  Pat-a-cake

Playing with your baby helps your child grow smarter, stronger, healthier and happier.

Play helps your baby:

-  learn about his body and the world around him.
-  build a special bond with you and other family members.
-  sleep better.
-  have strong bones, lungs and heart.
-  build strong muscles that will help him learn to walk and learn other skills.
-  feel good ...especially if you play with him!



Your baby deserves the best start. Show your baby the joy of play!

Activities to build large muscles

Pulling up Rolling over
Sitting up Walking
Standing up Creeping and crawling
Climbing

Activities to build small muscles

Reaching Picking up Shaking toys
Turning Things Holding



WIC Nutrition Program • 1-800-WIC-1007
Nutrition Division • MA Department of Public Health
TDD/TTY: 617-624-5992

The USDA is an equal opportunity provider and employer.

* Adapted from California WIC Program

10/03, Form # 289

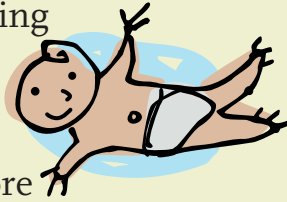
Playing with Your Baby



This is my goal for my baby:

Why is it important for my baby to be active and play?

- 🕒 Your baby's brain grows quickly during the first year of life. Learning begins with play!
- 🕒 Your baby will be able to explore more and more as he learns to move around.
- 🕒 Everyone needs to be active – even babies. Play with your baby!



Get your baby out of the crib, playpen or infant seat and let him move!

What kinds of play do babies like?

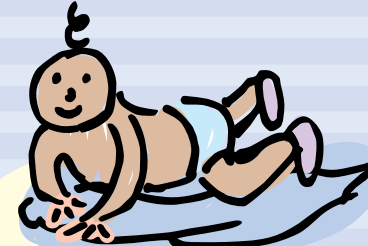
- 🌟 Babies like to take things in and out of containers. They also like to reach for things out of their reach.
- 🌟 Babies like to crawl over, under and around things (pillows, chairs and boxes).
- 🌟 Babies like to play with things that are different colors, shapes and sizes.

**You are your baby's first and most important teacher.
Your baby is counting on you to play with him!
Take time every day to play!**

Some activities to do with your baby:

Outside

Let your baby crawl around on a blanket outside.
Babies love to be outdoors!



Row, Row, Row Our Boat

While sitting on the floor, put your baby between your legs so that both of you are facing forward.

Grasp a rolled up newspaper in front of her arms so that both of you are holding it.

Gently reach forward and back in a rowing motion.



Bubble Burst

With your baby in a baby seat, blow bubbles within her reach.
Show her how to pop the bubbles.



Stretch and Wiggle

- 1 Stretch your arms
- 2 Wiggle your toes
- 3 Shake the rattle
- 4 And pat your nose

Explore

- 1 Be sure your house is safe for baby to explore!
No small things on the floor!
- 2 Empty cardboard boxes
- 3 Turn over chairs or clothes baskets
- 4 Put blankets over chairs
- 5 And crawl around the floor with your baby
Crawl around, over, under, in and out

