

LET'S PLAY

WITH YOUNG CHILDREN

PLAY IS IMPORTANT! IT SUPPORTS:

- Physical development, including coordination and body awareness
- Positive emotional development
- Connection with caregivers

FOR BABIES, PLAY CAN BE:

- Cuddle time
- Copying a baby's actions and sounds. Try babbling back!
- Tummy time
- Skin to skin time
- Sensory play. Show your baby different colors, shapes and sounds

WORKING IT IN

- Try to have short periods of playful interaction throughout the day
- Everyday tasks can be playful! Sing or talk to your baby while caring for them

SEEK SUPPORT

- Caregiver/baby groups can help you learn from peers - see what your local library has to offer
- Talk to other parents
- Engage in a parenting class to learn tips and tricks

REMEMBER...

- Keep it simple
- Try again later. If a baby cries one time, they may enjoy the same activity later
- Place your baby in different positions

