

Playful ideas to support your baby's development	
Things to do with your baby everyday	
Talk, talk, talk with your baby. Promote back and forth interactions. Read with your baby. Sing songs and nursery rhymes.	
Language and communication	
<ul style="list-style-type: none"> • Sing songs with real or made-up words that rhyme • Use actions with words. Talk about what you are doing or what you observe your baby to be doing. Try waving as you say 'bye-bye' or picking up their cup as you say 'drink'. This will help your child to relate what they see and do with language • Encourage your baby to look at you during activities, such as when they're dressing, feeding or nappy changing. This will help your child's attention and communication skills • When reading with your baby, use different voices for different characters or make the sounds of different animals • Model bigger and better sentences. If your infant says "Two cat," you can say, "You have two cats on your shirt!" 	
Physical development	
<ul style="list-style-type: none"> • Give your baby wooden spoons to bang on pots and pans, or sealed containers with beads inside to shake. • Sit and support your baby upright on the floor, and move a ball or toy in front of her. This encourages your baby to follow the toy with her eyes, reach for it and grasp it. • Get your baby to try pulling to stand. You can sit him near furniture and encourage him to pull himself up to stand. Make sure that your furniture is sturdy and won't fall over. • Make tunnels out of chairs or cardboard boxes for your baby to enjoy crawling and moving through. • Allow your baby to walk barefoot indoors and develop his foot muscles. 	
Social and emotional development	
<ul style="list-style-type: none"> • Establish routines for your baby. Knowing what to expect helps babies feel safe, confident, and in control of their world • Turn everyday routine into playful moments • Talk about your baby's emotions: "I see you are feeling sad/happy/frustrated." • Offer choices you're comfortable with. For example, "Do you want this cup or that cup?" • Observe and notice your infant's cues and responses to environmental stimuli. Notice times when your baby may be more active and interested in what is happening around them or times when they may be more irritable. Think about whether you may need to limit noise levels or remove visual stimuli and soothe them through cuddles and your gentle voice 	
Cognitive development	
<ul style="list-style-type: none"> • Provide fun bath toys or safe items for pouring, floating and measuring. Plastic milk bottles and empty food containers work just as well as toys purchased from the shop. • Take turns stacking objects and knocking them down • Play with objects that your baby can roll or push across the floor • Place a toy or book under a blanket, leaving part of the object showing. Then ask your baby, "Where is it?" and encourage him to look for it. • Give your baby a pile of differently textured clothes and fabrics. Let them explore the differences between smooth cotton sheets and nubby cotton towels, between leather and cloth and other textures. • Place baby on their back and move slightly away from them. Call softly to baby encouraging them to find your voice. When your baby looks at you, pick them up and smile to them. This simple game is teaching your baby to learn new words, to strengthen their neck muscles and to solve a problem. 	

