

Playful ideas to support your baby's development	
<b>Things to do with your baby everyday</b>	
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"> <li>• Be face-to-face so you can maintain eye contact</li> <li>• Read to your baby and point to the pictures talking about what you see. Let your baby touch the book, help turn pages and show you what their interested in</li> <li>• Imitate your baby's sounds and encourage her to imitate you—pretend to have a conversation</li> <li>• Talk to your baby as you give him a bath, feed him, and get him dressed</li> <li>• Follow baby's lead. If he or she is gazing or pointing at something interesting, talk about it.</li> </ul>	
Physical development	
<ul style="list-style-type: none"> <li>• Give your baby tummy time to help build head, neck and upper body strength for when baby is older. During tummy time, show your baby toys or pictures, sing or talk, or give a gentle back massage</li> <li>• Allow baby to move their arms and legs and splash as you bathe them, being sure to talk about what you are observing. This way, baby is also learning new words and actions</li> <li>• Sit baby on your lap and hold out a toy. Encourage baby to reach for the toy</li> <li>• For older babies place toys just out of your baby's reach to encourage reaching. You can also use simple toys like rattles to encourage touching and holding.</li> <li>• Stimulate hand and foot play. Place your baby in a sitting position between your legs. Support the head and the elbows while bringing one hand forward to reach the opposite foot.</li> </ul>	
Social and emotional development	
<ul style="list-style-type: none"> <li>• Build your babies trust in you by singing softly to comfort him/her and provide baby with lots of skin to skin contact</li> <li>• Respond to your baby's calls or signals for help and attention to build trust.</li> <li>• Show baby photos of family members and talk about them</li> <li>• Hold baby in front of a mirror and gently guide their hand to point to features of their face as you name their eyes, nose, mouth and ears "This is your nose".</li> <li>• Play games such as Peek-a-boo: I see you – even the youngest of babies enjoy this fun game as you hide your face behind a book or cloth and say his name when you come out</li> </ul>	
Cognitive development	
<ul style="list-style-type: none"> <li>• Play with bells, rattles and other toys that make a noise</li> <li>• Put toys around your baby to encourage her to move and search for them</li> <li>• Do the same things over and over with your baby to give them practice that's needed to learn. As your baby matures, create a game out of repeating actions or words.</li> <li>• Give your baby different things to look at, about 30 cm from her face. For example, you could use books or baby play gyms to show her different colours and shapes</li> <li>• 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.</li> </ul>	

