



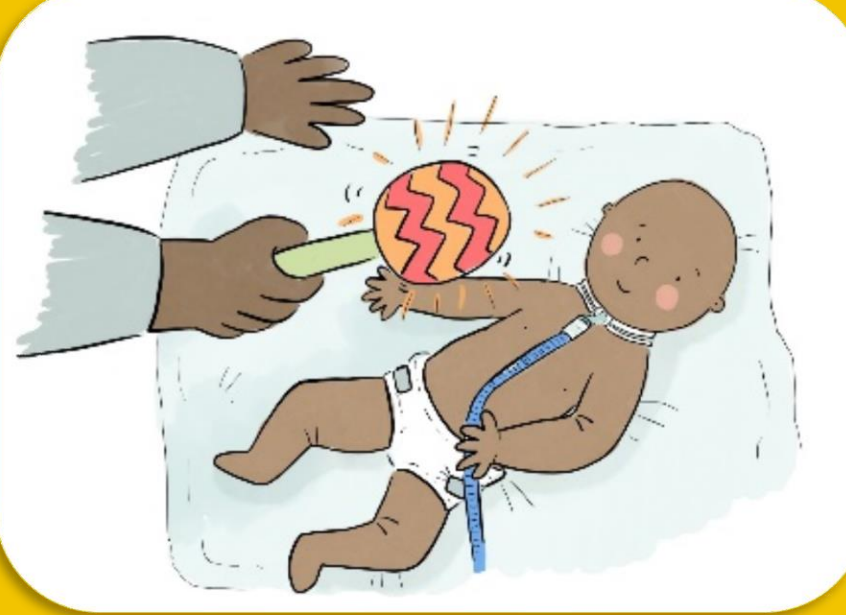
Child Development: Don't Delay The Play

Lying down

Use colourful, light-up or noisy toys for baby to look at and reach for



Help baby bring their hands together to touch and feel



Lying babies on their side gives them a different view



Cuddling, massaging and giving kisses helps baby learn about their body



Chatting, singing and making silly noises helps you get to know each other

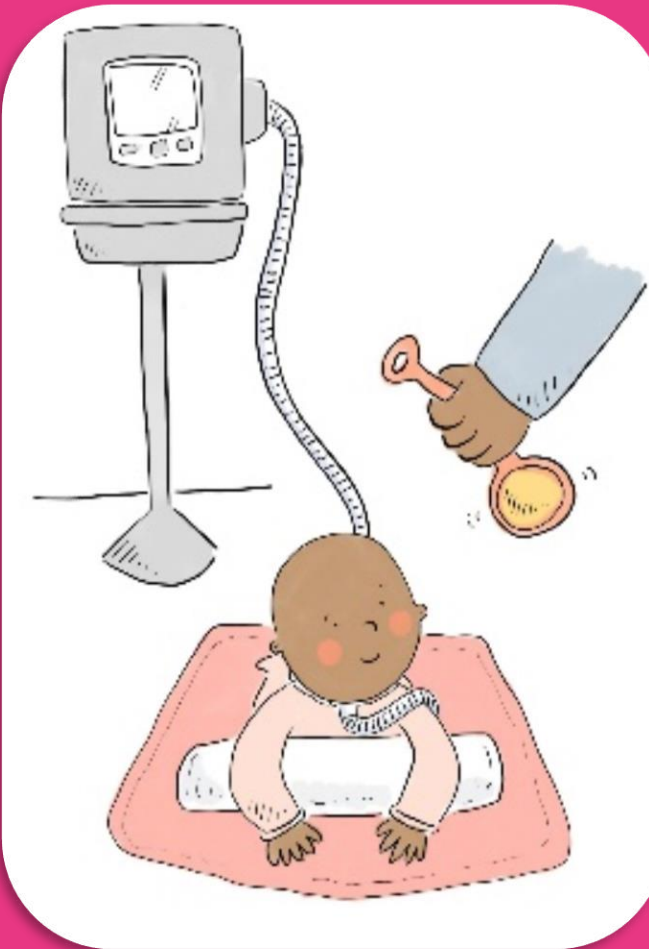


Tummy Time

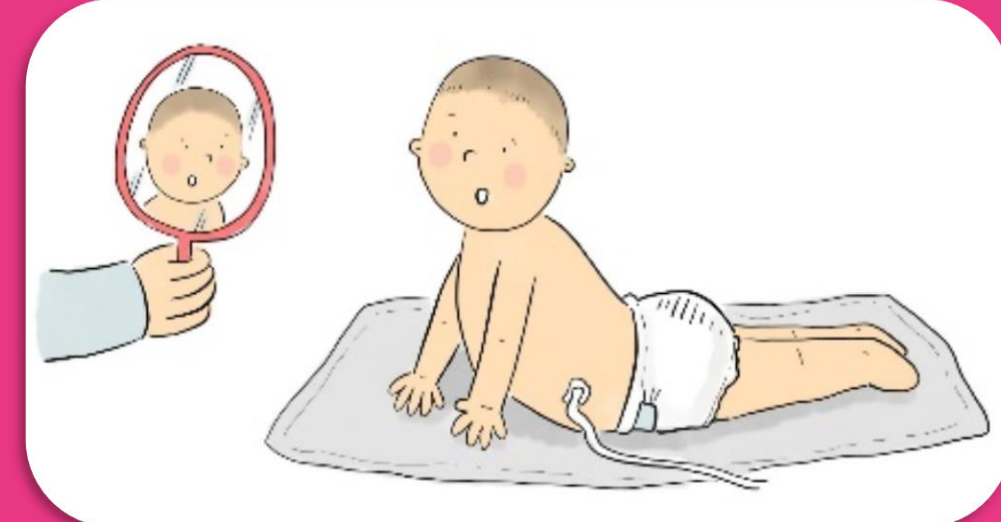
Don't put baby on their tummy to sleep



Cuddle baby on your chest and lean back so they are on their tummy



Use a mirror to help baby lift their head and toys to help them reach

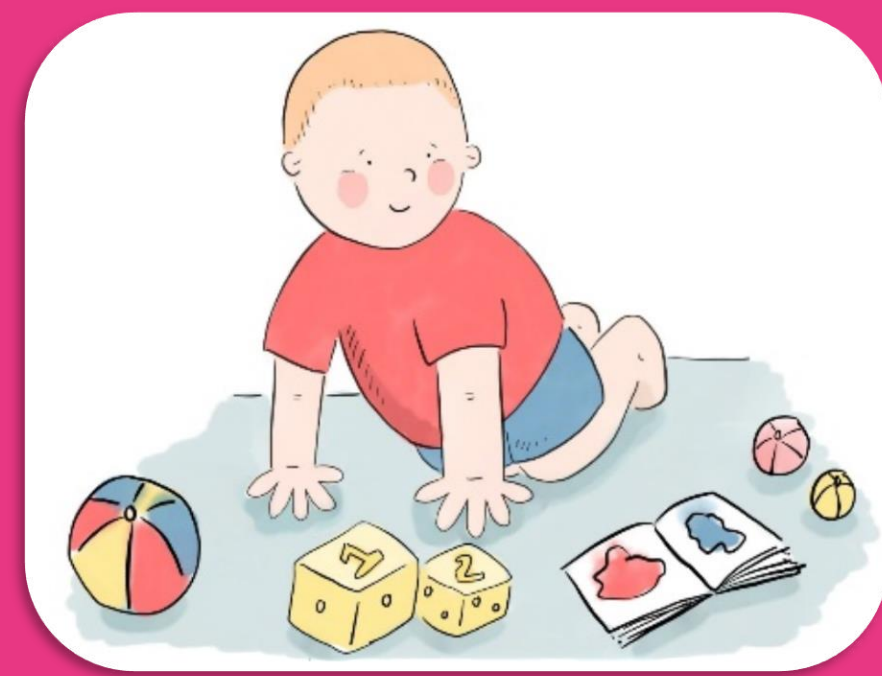


Try a rolled up blanket under baby's chest



Playing on hands and knees is a great way to work towards crawling

Put toys just out of reach so they have to move to get them



Sitting

Sit behind baby on the floor with toys in front to help them learn to sit



Try making a treasure basket



Try feeding baby in an upright position face to face on your knee

Sitting in the right chair helps baby see what is around them and helps them to play with toys



Sit baby on your knee with their feet on the floor to practice getting from sitting to standing

Help baby play with food, even if they aren't eating it at the moment



Standing

Put toys on furniture to help baby pull up into standing and build their strength standing up



Move toys just out of reach so they have to step to the side to get them



Walking between two people is a fun game



Squatting down helps balance and confidence



Baby walkers aren't recommended



A push along toy is a great way to practice walking



Daily Routine

Routines are important so try doing things at the same time every day

Get dressed

Brush teeth

Bath time

Meal times

Play time

Nap or quiet time



Sensory

Playing gives lots of sensory experiences Try one thing at a time at first

Moving

Rocking, swaying, swinging, side to side, up and down

Hearing

Quiet, loud, music, voices, toys, singing

Feeling

Rough, smooth, soft, hard, natural, cold, warm

Tasting (if safe)

Sweet, sour, salty, hot, cold

Smelling

Food, perfume, sweet, strong,

Ask your occupational therapist for more information about 'The Sensational Thinking Project' to find out more.



For more information

Scan QR Codes



To scan a QR code use your phone camera and point it at a code then click on the pop up.



Physiotherapist

To help baby develop the strength and skills for rolling, sitting, crawling etc it is important to move and play in different positions throughout the day.

So 'Don't delay the play!'



Occupational Therapist

The skills for everyday life, like getting washed and dressed, are more fun when they are learned through play. Playing gives children opportunities to experience new sensations and helps them to understand their bodies and the world around them



Speech and Language Therapist

Babies learn language through hearing and looking at your face expressions so it is important to talk to your child as much as you can.

Reading, chatting and singing together helps baby learn how to communicate



Play Specialist

It can be hard to know what are the best toys or to have ideas for play activities. We have knowledge of child development and loads of ideas for playing and singing so come and chat to us.

We link with the therapy teams and can get you extra support if needed