



# Baby Play!

## NEWBORN TO 6 MONTHS

Hi, Folks!  
I'm your baby—  
and playing with you is  
the best part of my day!

Playing will develop  
my brain and body—  
and make me fall in love  
with you!

Here are some ways  
we can play.



# I'm Your Newborn!

We are forming a special bond by talking and playing.

I can show you what I like.

Watch me! I will let you know what makes me happy.

I love your gentle, loving touch. You can't spoil me by holding me too much. Holding me helps my brain develop—and makes me love you!



## I like:

- being on your chest
- looking in your eyes
- feeling safe and loved
- walking with you
- rocking

## I am already learning.

I know the sound of your voice. I like you to tell me about everything you are doing.

Let's talk and play when I am quiet and alert.

Stick out your tongue slowly a few times. Maybe I can do it, too!

## I also like:

- a gentle rub after my bath
- looking at a bright window
- things that smell like Mom
- being comforted by stroking, hugging, and singing

I can see things about 8 to 12 inches away, so hold me close.



## I'm 1, 2 and 3 months old!



I still love to look at your face.  
By 3 months old, I see things just about as well as you do.  
Play with me every day. It develops my brain and it's so much fun!

### **We are bonding!**

- Show me new things.
- Sing to me.
- Hug and cuddle me.
- Play music and dance with me.
- Tell me what we are doing when you dress, feed, and change me.





When I'm awake, I need some time on my tummy to help me control my head. Move a bright toy in front of me to make me turn my head. As I get older, I'll reach for it.

**I like:**

- a child-safe mirror in my crib
- when we coo back and forth
- bright colors and patterns
- playing with my hands
- splashing and kicking in my bath
- your smile and goofy faces

**I also like:**

- kissing sounds
- clicking sounds
- classical music
- lullabies



Could we play “This little piggy went to market”? I love the part at the end where you tickle me up to my neck.

# I'm 4, 5 and 6 months old!

Play with me every day! I'm a lot of fun!

Get down on the floor with me.  
Put a toy right in front of me, just one at a time.  
Encourage me to reach for it.

I like toys of different shapes, colors, and sizes.

## I like:

- my feet
- my face in a mirror
- knee rides and very gentle bouncing games
- rattles and bright teething toys
- seeing bright pictures
- hearing you read to me every day
- touching things and putting them in my mouth



## I like Peek-a-boo!

Cover your face and then ask me where you are. Uncover your face and say, "Peek-a-boo! I see you!"  
Smile so I don't get scared.

## Please help me be active!

- Pull me up to a sitting position.
- Pull me from sitting to standing when I'm ready.
- Help me roll over.
- Put me on my belly and let me move around. I can push my bottom up and lift my head and shoulders.
- I need to move! Don't let me stay too long in the crib, infant carrier, or baby swing.



**Everything goes in my mouth, so make sure all my play things are bigger than the inside of a toilet paper tube. Watch for sharp points and edges, and pieces that can come off.**



**OKLAHOMA**  
State Department of  
Health

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992.

This institution is an equal opportunity provider:  
U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410  
Fax: (202) 690-7442; or Email: [program.intake@usda.gov](mailto:program.intake@usda.gov)

This publication was issued by the Oklahoma State Department of Health (OSDH), an equal opportunity employer and provider. A digital file has been deposited with the Publications Clearinghouse of the Oklahoma Department of Libraries in compliance with section 3-114 of Title 65 of the Oklahoma Statutes and is available for download at [documents.ok.gov](http://documents.ok.gov).  
| Issued January 2020 | 19384WIC | ODH No. P720 |

This pamphlet was developed by: Louisiana Department of Health and Hospitals, Office of Public Health Supplemental Nutrition Program for Women, Infants, and Children (WIC), P.O.Box 60630, New Orleans, LA 70160

Find us on  