

# Infant Play



## What can I do to help promote play in my baby?

All children are different and may enjoy different toys and interactions, but the following are suggestions for activities and toys for the baby:

### Birth to 1 month

- Hang brightly colored objects near your baby
- Hang mobiles with high-contrast patterns

What you can do as a parent:

- Sing and talk to your baby
- Play music
- Rock your baby and take them for walks

### 2 to 3 months

- Likes bright objects
- Enjoys pictures and mirrors
- Likes rattles
- Enjoys infant swing
- Enjoys car rides

What you can do as a parent:

- Sing and talk to your baby
- Play music
- Rock your baby and take them for walks

### 4 to 6 months

- Likes brightly colored objects
- Likes to hold toys
- Enjoys rattles or bells
- Likes swings and strollers

What you can do as a parent:

- Talk to your baby

- Encourage your baby to crawl and sit by placing them on the floor

## **6 to 9 months**

- Enjoys large toys with bright colors that move
- Likes to play peek-a-boo

What you can do as a parent:

- Call your baby by name
- Speak clearly to your baby and encourage different sounds
- Name body parts, foods, and people
- Tell your baby simple commands
- Play pat-a-cake
- Begin saying words that tell what you are doing
- Encourage your baby to crawl by placing toys beyond their reach

## **9 to 12 months**

- Enjoys looking at books
- Likes hearing sounds of animals
- Enjoys large toys that can be pushed and pulled

What you can do as a parent:

- Take your baby to different places and outings
- Play ball with your baby
- Read to your baby
- Tell your baby names of body parts

## **Toys for babies**

### **Birth to 6 months**

- Mobiles
- Mirrors that will not break
- Music boxes
- Bells and rattles
- Stuffed animals
- Swings

## 7 to 12 months

- Blocks
- Brightly colored toys
- Books
- Balls
- Cup and spoon
- Jack-in-the-box
- Rattles
- Teething toys
- Toys that can be pushed and pulled
- Baby dolls

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