



# Babies Love to Play

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Author's Dedication: For my family who have taught me how to love, laugh and be silly. To all moms, dads and babies; to sing, laugh and enjoy everyday.

Illustrator's Dedication: For Mom, Dad, my Husband, my Sister and Kerry and all the great support at the Office of Child Development and the blessings bestowed on me to create these illustrations.

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# Welcome: A New Beginning

Welcome! To the wonderful world of your baby.

Although so young and small, your baby is learning every day in all different ways. The plays, songs, and activities in the booklet are designed to meet her needs, enhance her development, and provide you with some new ideas and revisit with old ones. These activities will help in the development of her motor, language, thinking, and social skills. They will provide for you and your baby fun activities that you two can share together. It is important to remember that she is still very dependent on you and will need you throughout all the activities. Be sure to read her cues and stop when you sense she has had enough or know when she would like more. Figuring out who your baby is and what she likes or doesn't like can be a wonderful discovery. ENJOY!



# Baby's Surroundings

It is important that his play environment be comfortable and safe so he will learn and have fun. Here are some suggestions:



*Use soft lighting and if possible use natural light also.*

*Don't overdress or bundle your baby. Babies get uncomfortable when they are overdressed.*



*Your Baby needs to be held close but he also needs freedom to move his arms and legs.*

*Make sure that small objects are out of your baby's reach.*

*Make sure that it is not too drafty on the floor where she plays*

*Make sure the floor has a soft area for play.*

## Birth to Six Weeks

The following are suggestions only. Take your cues from your baby. He will tell you if he has had enough or would like more!

It's important at this very young age to interact with your baby during his quiet alert stage. This is when your baby is awake, alert, and not crying or fussing. Your baby's energy during this state is for taking in information such as sounds and faces.



### Singing and Cuddling

When you are relaxed, sit in a comfortable chair and hold your baby snuggled in your arms. Or you can hold him lying face up in your lap. Whatever is comfortable to both you and your baby. Sing a soft song or lullaby.



### **Babies love to hear your voice.**

*You are my sunshine, my only sunshine  
You make me happy when skies are gray  
You'll never know (say your babies name) how much I Love You  
Please don't take my sunshine away*



### **Monkey See - Monkey Do**

Hold your baby in your lap supporting her head facing you. Say her name to get her attention. Smile and stick out your tongue. Babies can imitate this action. It may take several tries



## Mood Dancing

Hold your baby close in your arms and begin to rock and sway back and forth to soft music. Whisper and hum the song (softly) in her ears.

## Baby Massages

Babies love to be touched. Lay your baby on his back or stomach (whichever he prefers) and begin to gently massage his arms, legs, and shoulders. Make sure your hands are warm.

When you are playing with your baby on the floor, change positions often so he is able to see his world from all angles. Put him on his back and stomach and walk with your baby facing out so he can look around.



## Belly Kisses

During diapering and dressing, gently kiss your baby's toes, fingers, belly, etc. Use your baby's name and tell her you love her.

## Knocking on the Door

While facing your baby sing this song as you gently touch her face:

Knock on the door (tap lightly on baby's forehead)

Eye winker (touch her eyes)

Nose dropper (touch her nose)

Mouth eater (touch her mouth)

Chin chopper (hold her chin)

Gully, Gully, Gully (trace from her chin to her chest)



## Hear the Beat

Sometimes babies need to just sit and listen to the sounds around them. It's fine to let your baby sit (never left alone) while you both listen to the radio or listen to you talk about what you are doing (i.e. washing dishes, folding laundry, etc.)

## Six Weeks to Six Months

Babies are starting to stay awake long periods of time. You will be able to tell when he is getting tired or how long he wants to play. Your baby at this age is also strengthening his muscles and he can control his head a bit more. At this stage, he is also trying to figure out his world and his place in this world.



## Itsy-Bitsy Spider

The itsy-bitsy spider went up the water spout  
(use fingers to climb up).

Down came the rain (imitate rain with fingers)  
and washed the spider out (use hands to show  
washed out).

Out came the sun (use hands and exaggerate)  
and dried up all the rain.

And the itsy-bitsy spider went up the spout again.



## Hold Your Head High

Place your baby on her belly on a covered floor. Lie down on your stomach facing the baby. Hold a hand puppet or shake a rattle so your baby lifts her head to see the object. Say her name as she looks up. Once you have her attention, remove the rattle and let baby explore your face. Talk to her.

## Watch the Ball

Put your child on the floor on his back or in his baby chair. Hold a soft toy or stuffed animal above him so he can see. Let him stare at the object for as long as he wants. Describe the colors and shapes. Move the object close to his face and then slowly pull it away. Slowly move from side to side so he can follow it. You can do this while looking at your baby. Call his name to get his attention. Look into his eyes and smile. Begin to slowly move your head from side to side. Make sure you keep eye contact so he will follow you. Smile and tell him you love him.

## That Feels So Good

While holding your baby in your arms, lightly run different textures over his arms and legs. Use velvet, satin, flannel, cotton, and soft wool.



## This Little Piggy

While laying down next to your baby, play this tried and true favorite game.

This little piggy went to market,  
This little piggy stayed home,  
This little piggy had roast beef,  
This little piggy had none  
And this little piggy ran all the way home.



## Water World

Fill a plastic bottle with water, a squirt of detergent, two tablespoons of oil, and a few drops of food coloring. Make sure the cap stays on by putting tape around the top. Shake to mix the food color. Your baby will be fascinated by the colorful water moving.

**Ingredients**  
squirt detergent  
2 tablespoons oil  
water  
few drops food  
coloring



## Peek-A-Boo

This game can be played anywhere, anytime. Hide your face with your hands, a blanket, or a stuffed animal. Slowly come out and say “Peek-a-boo, I see you!” (or use your child’s name). Make sure you are close enough for him to see you. This game can be played as your baby gets older.

## Six Months to One Year

You will notice that your baby is interacting more and more with you. She is able to hold your gaze for longer periods of time.



### **While facing your baby say,**

Around the house, around the house

There was a little mouse.

(very lightly make small circles on the inside of her wrist)

Up a walk, up a walk

Into the house! (walk your finger up the inside of her arm, chin, mouth)



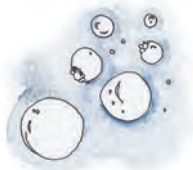
### **Mirror, Mirror**

Hold your baby in front of a mirror (close enough for him to see his image) and say “Where’s the pretty baby,” or “Where is (say your baby’s name)”. Play peek-a-boo by moving the baby away from his image and then bring him back to see himself. Laugh, smile, and make silly faces in the mirror. Say the baby’s name several times.



## Tiny Bubbles

Sit in front of your baby and blow bubbles. Support her at all times because she may want to reach and grasp the bubbles. She may also just want to sit and watch. As you blow the bubbles, make silly sounds and say: “Look at the bubbles!” And as the bubbles break, say: “Pop! Pop! Pop!”



## Ball Fun

Babies love activities that involve a large beach ball. Always use the ball on a cushioned or quilted floor.

Put your baby on her stomach on the ball. Hold on to her thighs and gently rock her back and forth. Sing a song or create words to describe the motion. (She will let you know if she is not enjoying this game).



## Drums

Sit with the ball in front of you and your baby. Take his hands in yours and beat on the ball like a drum. Make sounds like “boom, boom, tap, tap”. Do this slow at first and then speed it up.

## So Big!

With your baby sitting in your lap, hold his hand and ask: “How big is (say baby’s name)”. Then lift his arms over his head and say: “Sooo big.” Repetition of this game makes it fun. Soon your baby will be able to raise his hands over his head (in a few months).



## Bath Time

Place empty containers in the tub during bath time. Make sure they are small enough for baby to hold. Use old margarine or cheese containers. (Make sure that your baby is supported at all times and never leave him unattended during bathtime). Let him play in the water.

Take a wash cloth and wring the water out over the baby's belly and back. Make sounds and describe the water. Repeat any sounds made by her.



# Dressing Time

This is a great time for talking to your baby, playing peek-a-boo, and singing her favorite songs.



## Row, Row, Row Your Boat

Row, row, row your boat  
gently down the stream.  
Merrily, merrily, merrily, merrily  
Life is but a dream.



### Twinkle, Twinkle

Twinkle, twinkle little star,  
how I wonder what you are.  
Up above the world so high,  
like a diamond in the sky.  
Twinkle, twinkle little star,  
how I wonder what you are.

### Ring Around the Rosie,

Ring around the rosie,  
a pocket full of posies.  
Ashes, ashes we all fall down.



# Books, Books, and More Books

It is never too early to start reading to your baby. Reading provides not only language but a special time that you and your baby can be close to one another. Reading also opens up new ideas and concepts to your child. Starting to read books early on shows children that reading is a valuable and fun activity.

She may suck and chew on books too! This is also learning. Make sure you have thick paged books or cloth and vinyl books.



## Some suggested books for babies are:

1. Goodnight Moon
2. Baby Farm Animals
3. The Snowman
4. The Very Hungry Caterpillar



Creating a bedtime routine using books helps children to unwind and relax so they can fall asleep easier. This can be done with babies too!



# Favorite Songs For All Ages

## Pat-a-cake

Pat a cake, pat a cake  
Baker's man,  
Bake me a cake  
As fast as you can.

Roll it and pat it  
and mark it with a "B".  
And put it in the oven  
For \*Baby and me.

\*Use your baby's name



## Glunk - Glunk

Glunk, glunk went the little green frog one day  
Glunk, glunk went the little green frog  
Glunk, glunk went the little green frog one day  
And his eyes went Glunk, Glunk, Glunk  
(exaggerate blinking your eyes)



## London Bridge

London bridge is falling down,

Falling down, falling down.

London bridge is falling down,

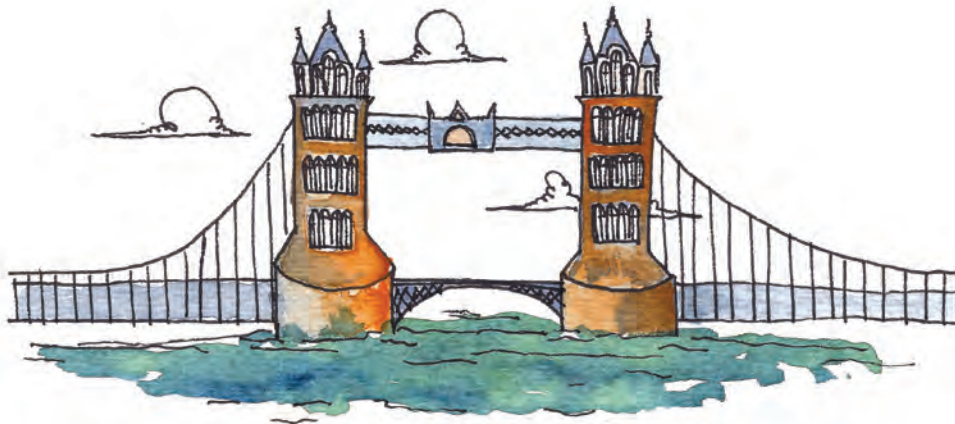
My fair lady.

Take the keys and wind them up,

Wind them up, wind them up.

Take the keys and wind them up,

My fair lady.



## Hickory Dickory Dock

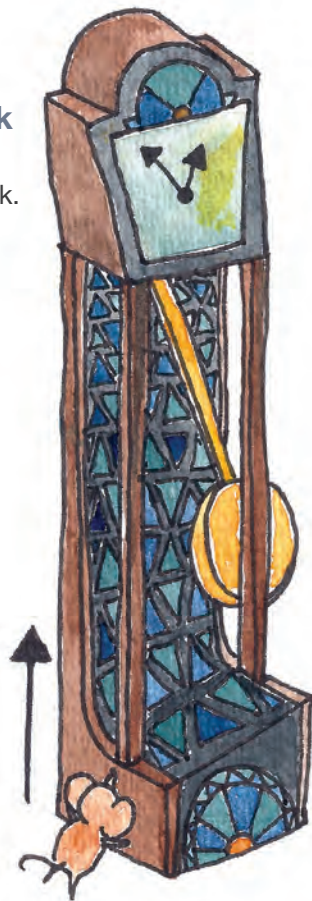
Hickory, dickory dock

The mouse ran up the clock.

The clock struck one,

The mouse ran down

Hickory, dickory dock.



*Thank you for reading this booklet. We hope you and your baby enjoyed these activities.*

*Repetition is something that babies enjoy so we suggest that you sing songs and say nursery rhymes with your baby everyday.*





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