

Helping my baby learn through play: 3 to 6 months old.

REACHING, GRASPING AND INTERACTING

Play idea

Mirror



How does it help my baby?

Helping my baby learn through understanding

- Visual attention and recognition
- Exploration
- Learning to focus and follow images

Whoozit



Sensory balls



Blocks



Helping my baby learn through exploring

- Reaching, grasping, holding and releasing.
- Passing objects between hands
- Feeling different textures
- Bringing objects to the mouth.

Soft textured books with simple pictures



Helping my baby learn through using senses

- Looking at pictures
- Learning to use both hands
- Feeling different textures
- Listening to different words you say

Bubbles



Boosting my baby's brain and eyes

- Looking at, following and reaching for bubbles
- Listening to simple words you say while playing like bubble, pop, etc.

Activity Spiral



Helping my baby learn through moving

- Reaching and grasping
- Bringing legs up to kick toys
- Getting ready to roll over

Avoid screen time



Protecting my baby's learning

- Some studies show that children who watch TV or have screen time can have poorer concentration and poorer language development
- Try to keep the TV off when your baby is in the room as babies of this age can become distracted by the screen.

Did you know?

Babies learn in the context of a relationship so talking, playing and affectionate touching will develop your baby's cognitive, language and motor skills.

Play is how a child learns. This leaflet was created to provide ideas for activities which can support development of language, cognition and motor skills. The focus is not on specific brands of toys and this is not an extensive list. Development varies from child to child and if you have any concerns about your child speak to your GP or health visitor.

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Tips to improve Engaging in Play with 3 to 6 months old:

Play together in a variety of positions

Tummy Time



Place brightly coloured toys and/or feed animals in front of your baby. Hold up a mirror in front of him/her.

Learning to sit



Sit on the floor with your baby between your legs for support. Put interesting toys in front of your baby.

Exploring with hands and mouth



Place different toys next to your baby and in his/her hands so they can pick them up and also explore them using their mouth.

Remember the importance of ...

Using a variety of facial expressions



It grabs your baby's attention and promotes interaction.

Rhymes and Songs



Use hand motions to increase attention. E.g: Pat-A-Cake, Itsy Bitsy Spider, Twinkle Twinkle Little Star

Social-Emotional growth



Engaging in relationships by laughing aloud, recognizing faces, mimicking facial expressions, and enjoying play with other people

Keeping your baby safe...

No sleeping on tummy



Sleeping on tummy has been associated with an increased risk of sudden infant death syndrome. Tummy time only when awake.

Only toys large enough to avoid choking.



All toys must pass the choke test. The test is if a toy easily fits into a cylinder 5.7 cm long and 3.1 cm wide then it is too small to play with at this age

Avoid using moulded seats



The rigidity of the seat interferes with the natural process of acquiring postural control which is necessary for sitting and crawling.

Did you know? Babies of 6 months are already beginning to respond to their name. Learning to sit and play is an important building block for later crawling, standing and walking.

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