

HOW TO PLAY WITH YOUR BABY

WHILE BOOSTING THEIR DEVELOPMENT

0-2 Months

VISION & HEAD CONTROL

- Smile and talk to them often
- Show high contrast images (black/white, bright colors)
- Do tummy time on your chest so they can see your face
- Move objects slowly so they can follow with their eyes



3-5 Months

REACHING & ROLLING

- Show them toys while they're on their back so they can reach up and grab them
- Do tummy time on a mat/blanket on the floor
- Use lightweight rattles and teething toys
- Put a mirror in front of them for tummy time
- Help them grab their feet with their hands while on their back
- Hold their torso while they sit up, propping their hands on the floor
- Help them roll to both sides



6-9 Months

SITTING & MOBILITY

- Put toys out of reach when they are sitting to encourage crawling
- Give them toys that can shake, stack, put in/out or spin
- Play peek-a-boo
- Limit use of seats or containers
- Use a play pen or play yard for a safe space to explore



Try this:

Fill an empty water bottle with puffs or cheerios for an easy shaker toy!



10-12 Months

STANDING & EXPLORING

- Put toys on top of the sofa or coffee table to encourage pulling to stand
- Read them books and point to pictures while naming objects
- Sing songs with hand gestures like "Itsy Bitsy Spider" or "Baby Shark"
- Create a baby obstacle course by putting pillows on the floor for them to crawl over
- Make a mystery bin using a bag or a tissue box filled with safe toys or household items
- Play with musical instruments or make your own using pots and a wooden spoon
- Give them a push toy or an upside down diaper box to walk with



Beyond year 1

After their first birthday, babies typically begin to walk, say their first words, and gesture to communicate

If you have any concerns about your child's development talk to your pediatrician and schedule a therapy evaluation

Stay in Touch!

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Want to know what toys we love?

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