

## **PLAY – Birth to 8 Months**

### **Activities You Can Do With Your Young Child Today**

- ◆ Sit close to your baby. Play Peek-A-Boo. Smile when you move your hands away from your eyes, say Peek-A-Boo.
- ◆ Hold your baby's hands gently and clap them together. Say the words, clap, clap, clap your hands, clap your hands together.
- ◆ If your baby is beginning to sit, place your baby on your lap in front of a table. Put a small tub of water on the table. Let your baby play with the water.
- ◆ Reuse your wipes container. Cut the slit a little larger. Put a small, soft cloth inside and pull it out a little through the slits. Let your baby pull out the rest of the cloth.
- ◆ Finger and toe play with your baby is always fun. You can count the baby's fingers and toes. You can make up little rhymes as you count. This Little Piggy Went to Market is a favorite.
- ◆ Don't forget the outside. Take your baby out often. Take a walk and point out and name everything. Play with your baby in the grass. Older babies love to sit on a blanket and play with a ball.

