

Play and activity ideas

0-2 MONTHS

From the first weeks, your baby learns through play

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1 Tummy time

Only while awake and supervised:

- **Short and often:** 1-2 minutes, several times a day.
- **On your chest:** Lie back — baby tries to lift their head.
- **On your lap:** Lay baby tummy-down and stroke their back.

2 Turning to the side

A little help during wake time:

- **Gentle turn:** Roll baby slightly onto one side, supporting the back.
- **Toy to the side:** A face or bright toy to look toward.
- **Both sides:** Alternate sides to stay even.

3 Open little hands

Fists open with a little help:

- **Gentle opening:** Stroke the back of the hand — fingers relax.
- **Ring to hold:** Place a light ring in the palm to hold for 1-2 seconds.
- **Hand massage:** Light stroking of each finger.

4 Faces, voices and walks

You are the most interesting thing to baby:

- **Face to face:** Lean in about 8-12 in (20-30 cm) and speak softly.
- **Tour of the pictures:** Carry baby around, stopping at each picture and saying what you see.
- **Gentle breeze:** A very thin scarf waved above the face, never touching it.

Good to know:

A newborn tires after 2-3 minutes of play. Play only when awake and calm, always supervised. For sleep, place baby on their back on a firm, flat mattress.