

Play and activity ideas

Gentle activities for the early months

3 MONTHS

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1 Faces and gazes

Baby sees best up close:

- **Face to face:** Lean in 8–12 in (20–30 cm) and speak softly.
- **Slow movement:** Move a bright toy slowly from left to right.
- **Contrasts:** Show black-and-white pictures.

2 Voices and sounds

Your voice is their favorite sound:

- **Narrate:** “Now we’re changing your diaper” — talk about everything.
- **Answer the cooing:** Wait, then reply.
- **Quiet songs:** Sing and rock gently.

3 Tummy time

Only while awake and supervised:

- **Short and often:** 2–3 minutes, several times a day.
- **On your chest:** Lie back — baby lifts their head.
- **Mirror:** Place a safe mirror in front of baby.

4 Touch

Skin is the first teacher:

- **Different touches:** Stroke the hands with soft fabric.
- **Rattle in the palm:** Place a light rattle in the hand.
- **Gentle massage:** After the bath, with slow, warm movements.

Good to know:

At 3 months babies tire quickly. 3–5 minutes of play is plenty. At the first signs of tiredness (yawning, looking away), stop and let them rest.