## Developmentally Appropriate Play for Babies

<table>
<thead>
<tr>
<th>Age</th>
<th>Visual play</th>
<th>Auditory play</th>
<th>Tactile play</th>
<th>Kinetic play</th>
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</thead>
</table>
| Birth-1 month | Gaze at baby at close range  
Hang colorful toys (high contrast) 8-10 inches in front of baby’s face  
Hang mobile with black-and-white patterns above baby | Talk and sing to baby  
Play CD with lullabies or other soft music for baby  
Have ticking clock or other rhythmic noises nearby  
Describe actions as you dress, feed, and bathe baby | Hold, caress, and cuddle baby  
Swaddle baby  
Kiss baby’s hands and feet  
Give baby a massage | Rock baby in a rocking chair  
Nestle baby close while you gently rock and sway  
Pat baby on the back  
Let baby ride in a stroller for walks  
“Wear” baby in an infant carrier |
| 2-3 months | Make room bright with high contrast pictures  
Hold brightly colored toys in front of baby and slowly move them up, down, right, left, and in a circle  
Take baby to various rooms while completing chores  
Smile at baby | Talk to baby  
Laugh when baby laughs  
Involve baby in family gatherings and activities  
Shake rattles for baby  
Expose baby to various sounds in the home (e.g., dishwasher, vacuum) and outside of the home (e.g., cash register, honking car) | Caress baby during baths and while changing clothes  
Comb baby’s hair with a soft brush  
Help baby touch different textures (e.g., soft stuffed animal, smooth table top) | Use infant swing and/or bouncer  
Place baby on tummy for tummy time  
Move baby’s extremities in swimming motions  
Utilize toy bars and infant play mats |
| 4-6 months | Use a wide variety of facial expressions while talking to baby  
Provide baby with brightly colored toys that can be grasped  
Look at picture books with baby | Talk to baby; mimic sounds baby makes  
Call baby by name  
Recite nursery rhymes to baby  
Crinkle different papers by baby’s ear  
Help baby grip and shake rattles | Give baby toys of various textures  
Allow baby to splash in bath  
Place baby to play on a soft, furry rug  
Help baby touch pages in touch-and-feel books | Bounce baby in lap while holding in standing position  
Support baby in sitting position  
Place baby on floor to roll over, crawl, and sit  
Allow baby to use mouth to explore age appropriate toys |
| 6-9 months | Give baby toys that have moveable parts and make noises  
Place baby in front of a baby-safe mirror  
Play peekaboo with baby  
Point out objects while you walk and talk with baby  
Make funny faces at baby; mimic the faces baby makes | Repeat simple words such as “dada,” “mama,” and “hi”  
Name body parts, foods, people, and colors when playing with baby  
Narrate to baby what you are doing  
Use “no” only when necessary  
Give simple commands  
Show baby how to clap hands | Let baby touch fabrics of various textures  
Help baby manipulate foods of various textures  
Help baby “catch” running water and pour water out of cups  
Encourage baby to “swim” in a bathtub or shallow pool  
Give baby a wad of sticky tape to manipulate | Help baby stand upright and bounce  
Say “up” when lifting baby up and “down” when putting baby down  
Place toys out of baby’s reach to encourage baby to move to get them  
Play pat-a-cake  
Place baby tummy down on a blanket and gently pull the blanket around the room  
Dance with baby in your arms |
| 9-12 months | Take baby to places where there are animals, people, and a variety of objects (e.g., zoo, shopping mall)  
Show baby pictures in books  
Help baby roll and drop balls  
Help baby build a short tower out of blocks | Read short stories to baby  
Point to body parts and name them  
Imitate sounds of animals  
Respond to baby’s sounds to encourage two-way communication | Give finger foods of various textures to baby  
Let baby squash food  
Let baby play with cold and warm objects; call them “cold” and “warm”  
Let baby feel a breeze (e.g., a fan blowing) | Provide large push-pull toys for baby  
Place furniture in a circle around baby to encourage crawling  
Let baby play with large objects such as tunnels, pillows, and boxes while supervised  
Help baby practice walking |