

Play tips and ideas...

0 - 6 months

During the first 6 months babies are learning about the new world they have entered. They need parents and caregivers to help them to make sense of the what is happening.

Your baby will love looking at your face, cuddling and listening to your voice.



Let your baby play on the floor with toys or objects just out of reach to help them learn to reach, roll over and kick their legs.

Let your baby explore lots of different textures - smooth, rough, soft and hard.

