

MANY WAYS TO PLAY!

You can actively play with your infant at all ages. Being active helps both you and your child stay at healthy weights. Remember that children watch what parents do, so stay active and have fun!

What is one way that you can have fun and be active with your child?:

	I LIKE TO PLAY AND LEARN BY...	YOU CAN HELP ME PLAY AND LEARN BY...
BIRTH- 3 MONTHS	<ul style="list-style-type: none"> • Moving my hands and feet • Trying to roll over • Trying to hold my head up • Holding and pulling your finger 	<ul style="list-style-type: none"> • Gently tickling my feet • Playing with my hands and feet while you smile, sing, laugh, or talk to me • Letting me watch you
3– 6 MONTHS	<ul style="list-style-type: none"> • Lying in your lap and pushing my feet against your hands • Sitting up as you gently pull my arms towards you • Rolling over • Playing peek-a-boo and patty cake with you • Pushing up from the floor to crawl 	<ul style="list-style-type: none"> • Softly rolling a beach ball to me • Letting me push against you • Laying me on my back and gently pulling my arms towards you so I can sit
6 – 12 MONTHS	<ul style="list-style-type: none"> • Picking things up and throwing them • Knocking things over to see what happens • Crawling over you as you sit on the ground • Holding onto the couch to pull myself up to stand • Putting everything in my mouth 	<ul style="list-style-type: none"> • Playing catch with me using a beach ball or small pillow • Playing crawl and chase with me on the floor • Playing peek-a-boo with me
12 – 24 MONTHS	<ul style="list-style-type: none"> • Bouncing lightly on my legs • Running safely through the house • Playing hide-and-seek • Taking walks 	<ul style="list-style-type: none"> • Lightly holding me as I stand and bounce • Playing hide-and-seek with me • Making a safe place for me to run and fall onto pillows • Holding my hand and taking me for short walks