

How to Play with Your Baby at Every Stage

Our therapists at TEAM 4 Kids have compiled a list of activities to encourage physical and speech development through play. The goal is to have fun while helping your child reach important milestones.

0 – 3 months

- While baby is laying on their belly, slowly raise a toy off the surface in front of them to encourage baby to lift their head.
- Make silly faces; these opportunities for imitation are always important!
- Hold baby's hands and clap as you sing nursery rhymes so they are able to start developing tactile and auditory senses.



4 – 6 months

- Support baby while allowing their feet to touch the floor in order to stand up tall or bounce. Hold them so they are at your face level.
- Notice what baby is looking at and comment on it. For example, if baby is looking at their feet, gently tap their feet and say "Feet. Your feet are so cute!"
- Introduce baby to different textures for additional tactile awareness. Try putting different textured pillows in front of baby to let them reach and feel.

7 – 9 months

- While on their hands and knees, place their favorite toy out of reach so they are encouraged to crawl toward it.
- Baby will start responding to their name. Play name games, such as "Where's (child's name)?" and point to each person when it's their turn.
- Baby is now starting to understand spatial concepts. Get a box with fun toys and have them help fill it up then dump it out!



10 – 12 months

- Place baby in a standing position and slowly let go of their hands. Make sure to cheer them on!
- Add sound effects to play, such as "ahh" after taking a drink or simple animal sounds.
- Have baby scribble! Let them try different mediums to imitate drawing, including markers, crayons, paint, and shaving cream.



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