

## Why is play important?

### *Playing develops:*

- Social skills
- The brain
- Emotional growth
- Motor skills

### *Playing encourages:*

- A strong bond
- Self-esteem
- Creativity and imagination
- Trust and sharing

### *Play is a time to:*

- Cuddle and share love
- Practice motor skills
- Build trust and security
- Relax and have fun

## Who We Are

Prevent Child Abuse Rhode Island is a 501 (c) (3) non-profit organization that has been in existence for 27 years.

As a chartered chapter of the national organization Prevent Child Abuse America, the agency mission is to keep every Rhode Island child safe from abuse and neglect through a primary prevention approach of education, advocacy and public awareness activities. Our staff and volunteers continuously work to educate the general public about ways to strengthen families.



**Prevent Child Abuse**

Rhode Island

500 Prospect Street

Pawtucket, RI 02860

Ph:(401) 728-7920 Fax:(401) 724-5850

[www.preventchildabuse-ri.org](http://www.preventchildabuse-ri.org)

This informational brochure was funded by:



Rhode Island

Family & Children's Trust Fund

Administered by the

Department of Children, Youth & Families

# Playing With Your Baby



**Prevent Child Abuse**

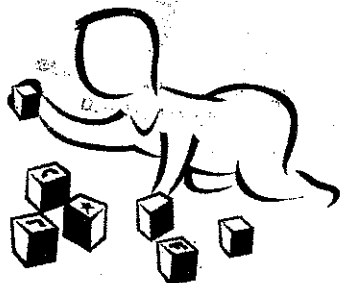
Rhode Island

## How often should you play with your baby?

- Everyday
- Longer one-to-one time each week
- Make play part of Feeding time

## Provide the best environment for play:

- Shut off the television
- Spend time outdoors
- Be sure your baby is in the mood to play
- Put aside household chores



## Playtime activity ideas to do together:

### 0-3 months:

- Cuddle and smile at your baby
- Sing and talk to your baby
- Help your baby to hold onto a rattle

### 3-6 months:

- Move their arms to music
- Play peek-a-boo
- Hold objects for baby to grasp

### 6-9 months:

- Repeat baby's noises
- Play "this little piggy"
- Take them for a walk in the stroller

### 9-12 months:

- Go to the park or playground
- Help them stack blocks
- Dance with your baby

## Tips for Parents:

- Don't play rough with your baby
- Play when baby is rested and alert
- Be patient and loving
- Never leave them unsupervised
- Toys with small pieces are a choking hazard for babies
- Never shake or throw your baby
- Play with your baby, don't just watch
- Closely follow the recommended age guidelines on toys