It starts with me
Play is a great way to have fun and bond with your baby

0 months onwards

Bonding with your baby
Right from birth, respond to your baby’s movements with a smile, laugh, touch or words.

Face to face
Your baby loves watching your face as you laugh, talk and sing.

Snuggle up while feeding
Hearing your heartbeat while she feeds makes your baby feel safe. This closeness helps build a strong bond.

A book a day
Your baby will love looking at a book while you read. See if he tries to copy you!

3 months onwards

Groovy baby
Bounce your baby on your knee while singing a rhyming song. Your baby loves to play with you!

Hey! This is fun
Help your baby enjoy tummy time by talking, laughing and playing with her. Let your baby see you having fun on your tummy!

Cool play
Noisy, fluffy, rolly or squeaky toys are much more exciting when Mum or Dad play too!

Take a turn
Babies love to ‘talk’ with you. Answer her ‘goo’ with your ‘goo’. It’s the start of lots of talks.


Developed by the Queensland Centre for Perinatal and Infant Mental Health (QCPIMH), Children’s Health Queensland Hospital and Health Service, with the support of the National Perinatal Depression Initiative. © Queensland Government August 2016
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6 months onwards

Baby rock
Help baby clap hands and sing about everyday things like bath time. Make it up, she’ll love it.

I see you!
What do a towel, a nappy and a hand have in common? They can all be used to play peekaboo with your baby!

My darling
Having cuddles makes you both feel warm and cuddly!

12 months onwards

Playing to learn
When you or another family member plays ball with him, your toddler learns coordination and communication skills.

What’s that sound?
Listen for familiar sounds with your baby. Say “Is that daddy I hear?” or “Listen to the rain!” Spending time together is good for your baby.

Stack them up!
Toys for babies and toddlers are everywhere at home. Use containers to build a high tower. It’s even more fun when it falls down!

Let’s pretend
Use a little imagination. All kinds of household items can be used for play!

A book a day
Continue to read to your child. When you spend time with him, you are helping to develop his social skills.

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