

It starts with me

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

www.childrens.health.qld.gov.au/qcpimh



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

0
months
onwards



Bonding with your baby

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



Snuggle up while feeding

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

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, roly or squeaky toys are much more exciting when Mum or Dad play too!



Face to face

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



A book a day

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



Take a turn

Babies love to 'talk' with you. Answer her 'goo' with your 'goo'. It's the start of lots of talks.



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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!

12
months
onwards



Playing to learn

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



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!



My darling

Having cuddles makes you both feel warm and cuddly!



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.



A book a day

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

