



How to play **with your baby**

Did you know that your baby's
favourite toy might just be you?

Simple, playful ideas for the first six months.



Discovering **the world together**

In the first six months, playtime isn't about fancy toys or complicated activities. It's about discovering the world together, one little moment at a time.

Your voice, your smile, your touch and the way you respond to your baby are all part of how they learn and grow. From those first sleepy cuddles to reaching for a favourite rattle, every stage brings something new to explore.

We've put together some simple, playful ideas to help you connect with your little one and make the most of these precious early months together.

What's inside

1

0–3 months

Connecting through the senses

4

2

3–6 months

Reaching, rolling & exploring

8

3

**A few little things to
remember**

Follow your baby's lead

12

1



Connecting through the senses

In the early months, your baby is getting used to a whole new world. They're beginning to recognise familiar voices, focus on faces and discover how their little body moves. At this stage, the simplest activities are often the most meaningful.

1

Cuddle Time

Sometimes the best playtime is simply being close. Find a comfortable spot and hold your baby against your chest for some skin-to-skin contact. Your warmth, heartbeat and familiar smell can help your little one feel calm and secure. It's a lovely way to bond while enjoying a quiet moment together.

2

Funny Faces

Your baby loves looking at faces, especially yours! Hold your face around 20–30 cm from your baby's face and try smiling, raising your eyebrows or making funny expressions. You can even move your face slowly from side to side to see if your baby follows you with their eyes. Don't be surprised if those little eyes stay fixed on you!

3 Sing & Chat

You don't need to be a great singer. To your baby, your voice is already something special. Talk about what you're doing, sing a favourite nursery rhyme or simply make gentle sounds. Try pausing every now and then to give your baby a chance to respond with a little noise or expression. Before you know it, you'll be having your very first conversations!

4 A Little House Tour

Everything is new and fascinating when you're a baby. Take your little one on a gentle tour around the house, pointing out different objects and describing what you see. From the sunlight coming through the window to the colourful pictures on the wall, even the most ordinary things can become little discoveries.

5 Tummy Time Adventures

Tummy time is a great way to help your baby strengthen their neck, shoulder and back muscles. Start with short, supervised moments while your baby is awake, either lying on your chest or on a firm play mat on the floor. Get down to their level, smile and talk to encourage them to lift their head. Even a few minutes at a time can make a difference, so take it slowly and follow your baby's lead.



2



Reaching, rolling & exploring

Your baby is becoming more curious and active! They may start reaching for objects, exploring their hands and feet, making new sounds and practising rolling. It's an exciting stage full of little discoveries, and there are plenty of fun ways to encourage their growing curiosity.

1 **Bicycle Legs**

Time to get those little legs moving! Lay your baby comfortably on their back and gently move their legs in a slow cycling motion. You can sing a nursery rhyme or make funny sounds as you go to make it even more playful. Keep the movements soft and natural, and let your baby guide the pace.

2 **Shake, Rattle & Explore**

Your baby is beginning to discover that their actions can make things happen. Offer a lightweight, baby-safe rattle or a soft crinkle book and let them explore the different sounds and textures. Try gently shaking a rattle nearby to see if your baby turns towards the sound, or let them practise holding it themselves. Every little shake is a new discovery!

3 Mirror, Mirror!

Who's that adorable little face? Babies love looking at faces, and a baby-safe mirror is a fun way to explore them. Place a shatterproof baby mirror in front of your little one during supervised tummy time and watch their curiosity grow. They might not recognise their own reflection just yet, but they'll love watching the expressions and movements.

4 Peekaboo!

A little surprise can bring a big smile! Cover your face briefly with your hands, then pop back into view with a cheerful "Peekaboo!" Give your baby a moment to react before trying again. As they become more familiar with the game, you might be rewarded with a smile, an excited wiggle or even a little giggle.

5 Reach for the Stars

A baby gym or play arch can turn playtime into a little adventure. Lay your baby on their back beneath a securely positioned baby gym, with age-appropriate toys hanging within comfortable reaching distance. Watch as they begin to kick, swipe and eventually reach for the toys. It's a fun way to encourage movement and hand-eye coordination while they explore what their little body can do.



3



A few little things to remember

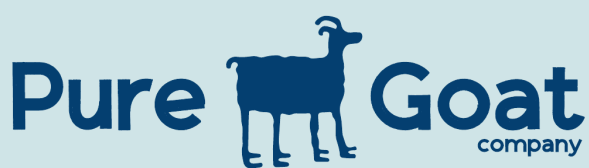
Every baby is different, and that's what makes watching them grow so special. Some babies love tummy time, while others prefer cuddles and singing. There's no need to rush or compare. Just follow your baby's lead and enjoy discovering what makes them smile.

- **Follow your baby's cues.** If your little one starts looking away, yawning or getting fussy, it might be time for a little break. Even a few minutes of playtime can be plenty.
- **Keep playtime safe.** Choose age-appropriate toys without small or loose parts, sharp edges or long cords. Always keep an eye on your baby while they're playing.
- **Tummy time is for awake babies.** Always stay close and supervise tummy time. When it's time to sleep, place your baby on their back on a firm, flat sleep surface.
- **Let them move at their own pace.** Every milestone comes in its own time. Give your baby plenty of opportunities to move and explore naturally, without rushing them into sitting or standing.

And most **importantly...**

Remember that playtime doesn't have to be perfect. Sometimes a cuddle, a smile or a silly little song is all your baby needs.

This e-book is intended to provide general information and playtime inspiration. Every baby develops at their own pace. If you have questions or concerns about your baby's development, consult your healthcare professional.



puregoatcompany.com

