

TOYS

0-6 MONTHS



- YOU
 - You are your baby's very first playmates and play dates are with you and others who care for him. These first interactions help you and your baby feel more connected to each other.
 - Examples: baby may gaze at you, turn to look at you when you start singing a lullaby, or quiet at the sound of your voice.
- Colorful rattles and other objects
 - Hold up a rattle in each hand. Shake one and watch if your baby focuses on it. Give her a few seconds, then shake the other rattle. Wait for her to focus on that one. Shifting gaze between two objects means babies can focus their attention (and vision) on objects they find interesting.
- When grasping develops
 - YOUR fingers nose hair, etc.
 - Brightly colored rattles or other toys that are easy to grasp
 - Toys that make gentle noises when shaken or swiped at
- Mouthing toys is an important way that babies explore their world.
 - Baby-safe rattles, teethers, board or fabric books, and other toys with different textures and shapes.
- During tummy time:
 - YOU. Lie on your belly facing your baby so that he can gaze at and "talk" to you
 - Baby-safe mirrors, rattles, or other toys to place in front of your baby
 - Baby-safe (board, fabric, or plastic) books to play with