

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

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Playing With Your Baby



Prevent Child Abuse

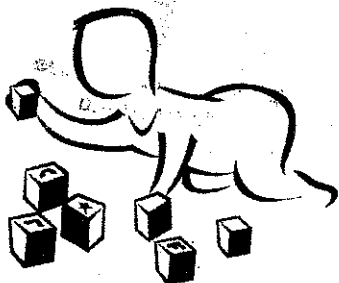
Rhode Island

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