

My Place to Play

Appendix 1

Full resource: play mat and contents



Appendix 2

Contents of My Place to Play, Benefits and Suggested Activities for Parents

Product	Benefits	Suggested Activities
Play Mat	<p>The baby having a set place to play no matter where they are staying</p> <p>Baby starts to associate this mat with play time</p> <p>Quality time with their parents</p>	<p>Just for the parent to be in that moment with the baby is sometimes good enough</p> <p>Singing songs with the baby</p> <p>Talking to the baby</p> <p>Moving toys out of the babies grasp to encourage movement</p>
Rattle Rings	<p>Great for hand coordination</p> <p>Promotes their sense they can, touch, taste and listen</p> <p>Increases vocabulary if parents talk about the colours, textures etc.</p>	<p>Moving it so the child and follow it with their eyes</p> <p>As the child gets older hiding it and the child finding it</p>
Mini Maraca's	<p>Encourages movement of the arm</p> <p>Encourages singing and making music</p>	<p>Action songs</p> <p>Adult can imitate the sound the baby makes</p>
Mirror	<p>Encourages identity and belonging.</p> <p>A great way of promoting communication</p> <p>Helps the baby discover themselves</p>	<p>Parent lying down with the baby and copy she babies facial expressions</p> <p>Lie the mirror under the baby so they can look at themselves</p> <p>Place mirror at the side of the mat to encourage the child to move towards it</p>
Ball	<p>The ball promotes the child's movements and sensory development</p>	<p>Moving the ball to encourage baby to crawl towards it</p> <p>Encourage baby to grab the ball</p>