



Watch how I play,
and see how you
can support me.

My Place to Play

Baby Play Mat



**Remember you are more
interesting to your baby
than any toys!**

**Let your child see your
face by lying face to face
or beside them looking
in the mirror.**



Early Learning Initiative

National College of Ireland

**Setting up a place to play
for your baby helps
them learn and develop.**

- Tummy time is a welcome part of your baby's daily routine. It helps your baby to have better head control and stronger muscles in their neck, shoulders, arms and back.
- Tummy time is a great way for baby to develop balance and co-ordination.
- Babies love to discover their own reflection so include a mirror.
- Encourage your baby to reach and grasp by placing some toys nearby.
- Spend some time on the floor with your baby, reading to them or playing with their toys.
- As your baby grows, begin to add more age appropriate toys & activities.
- Be sure to stay close when the baby is first introduced to this space to reassure them.
- Provide a safe place away from any electrical sockets & wires, heat sources, sharp corners or large furniture that can tip over.



Rialtas na hÉireann
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