

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



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

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.

- 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.



Early Learning Initiative
National College of Ireland

CYPSC
CHILDREN & YOUNG PEOPLE'S SERVICES COMMITTEES
Dublin City North



An Roinn Dlí agus Cirt
agus Comhionannais
Department of Justice
and Equality

**CHILDREN'S
RIGHTS
ALLIANCE**
Uniting Voices For Children



TÚSLA
An Ghníomhaireacht um
Leanaí agus an Teaghlach
Child and Family Agency



An Roinn Leanaí
agus Gnóthaí Óige
Department of Children
and Youth Affairs

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