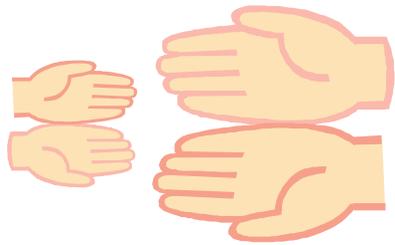


## Rhymes and Fingerplays for Babies

Open them, shut them,  
Open them, shut them,  
Give a little clap.

Open them, shut them,  
Open them, shut them,  
Lay them in your lap.

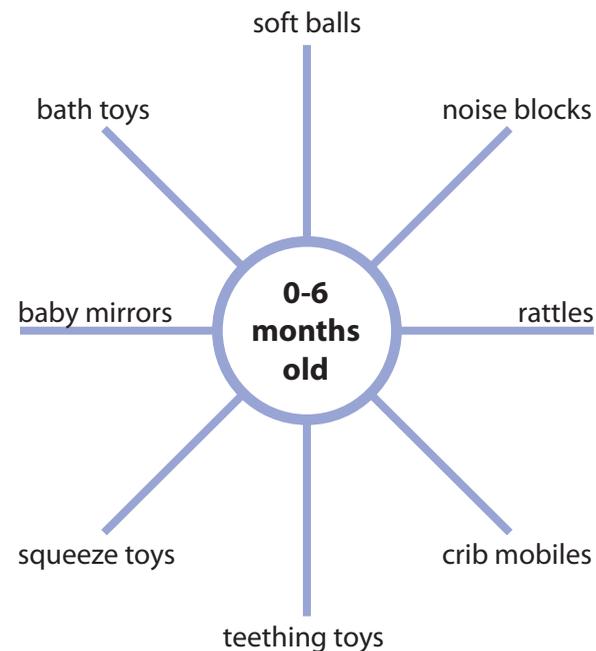
Creep them, creep them  
To your chin.  
Open wide your little mouth,  
But do not let them in!



*(Help your baby make the actions with her hands.  
Your hand moves up her tummy to her chin.)*

Round and round the garden  
Goes the teddy bear.  
One step, two step  
Tickle under there!

*(Make circles on your baby's hand then move your  
hand up his arm to tickle under his chin or armpit.)*



## Why Play?

Play is a learning experience for children. Play is a universal and vital process for the healthy development of every child. Play is the child's work. It allows the child to explore the world in which he or she lives and grows.

Play programs give adults and children the chance to play together in a safe and stimulating environment. By being involved together, adults and children get interested in each other's activities and learn to communicate. Play nurtures sharing and growth.

Toys are the basic tools that children use to enrich their play and learning. There is no one "right" toy. Children need a variety of toys and play materials to match their developmental stage, their interests and their capabilities. They need toys for rainy days, for active play with friends outdoors, for sick days and holidays and toys to encourage sharing and cooperation. Think about your child's unique needs and interests when you choose his or her toys.

The "Why Play?" series of pamphlets suggests play activities for children in the following age groups:

0-6 months	2-3 years
6-12 months	3-4 years
1-2 years	4-5 years

Prices for bulk orders of these pamphlets, and for all other publications, may be obtained from FRP Canada



707 - 331 Cooper Street  
Ottawa, ON K2P 0G5  
Tel: (613) 237-7667  
Toll Free: 1-866-6-FRPCAN  
Fax: (613) 237-8515  
E-mail: [info@frp.ca](mailto:info@frp.ca)  
[www.frp.ca](http://www.frp.ca)

# Why Play?

0-6  
months



## Tips to help your baby learn about the world around her

### Play Is...

- discovering
- exploring
- interacting, mostly with adults
- moving
- problem solving
- practising

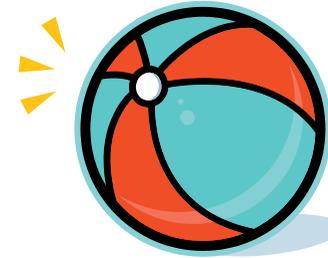


Choose toys carefully, keeping in mind your child's stage of development.

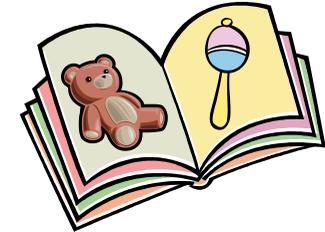
When your baby begins to turn her head when she hears a sound, wind up a music box toy and place it on the floor close to her.



When your baby begins to reach and grab objects, roll a big beach ball toward her.



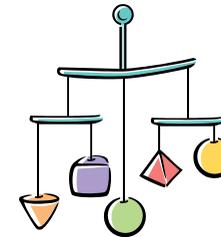
Give your baby soft cloth or plastic books with simple pictures. He will enjoy discovering the textures, mostly with his mouth!



When your baby begins to grasp things, give him soft balls, plastic rings and toys with handles to hold.



Hang a brightly coloured musical toy or mobile above your baby's crib. The changing sights and sounds will attract his interest.



Your baby will be attracted to faces. Put a drawing of a smiling face near where you change her diaper.



When your baby begins to bang and shake things, give her plastic rattles and shakers.



Give your baby things that are safe for her to put in her mouth. That's how babies explore their world.



When your baby learns to hold up his head, lie him on his stomach in front of a mirror and talk with him about what he sees.

**At this age, YOU are your baby's best toy!**