



Play Time For Babies

Playing with your baby helps him achieve his full developmental potential.

How can you play with your child?

Midline Play

Midline play refers to a child's ability to bring both hands together at midline (centre of his body). Encouraging your child to bring his hands together at the centre of his body helps in midline alignment which is important for his balance.

How to do midline play?

1. Side lying
2. Tummy time
3. Present objects at midline
4. Encourage child to reach and touch your face at midline

Play ideas for babies (3 to 6 months)

Babies first learn to recognise your voice, face and touch, and associate them with comfort. They then explore through grabbing and putting things in their mouths. Try out the following play ideas:

- Cuddle and squeeze your baby, use a changing tone of voice and varying facial expressions.
- Play tickling games and blow raspberries on your baby's tummy.
- Dance to music with your baby in your arms.
- Stimulate your baby with toys that are colourful and make noise (e.g. using rattles)

Source: KK Women's and Children's Hospital

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