

Be engaged & engaging

0-3 months

Sing, cuddle, read, massage, touch and play.

Every baby is born ready for love and to interact with her caregivers with these activities.

At this stage, you are her favourite toy!

4-6 months

Talk, sing, and imitate your baby's coos and babbles. He will look at you and coo and babble back.

Being actively engaged in baby's life will allow you to learn his routines and what makes him content.

Watch for cues that baby needs a break, (e.g., looks away or needs some quiet time). He will let you know when he is ready to engage again. This is just his way of absorbing all that he is experiencing.

7-12 months

Pick up on her cues when she wants something.

Introduce her to new things, new places and new toys.

Follow her lead when she explores her world. You will come to learn what she enjoys doing and will be able to foster that interest and expand on it.

13-18 months

Get down to baby's level and follow his lead and imitate his actions.

Learn his interests and what he enjoys doing.

Become his play partner and expand on his interests.

19-24 months

Join in her play and help foster her social play skills, teach her sharing and turn taking skills that she can later use when she plays with her peers.

Baby is beginning to engage in pretend play and will imitate your actions. She sees you as her role model.

25-36 months

Continue to help him with turn taking and sharing.

These terrific toddler years are marked by independent exploration of his world, communicating thoughts and ideas, and becoming more easily understood.

Become a play partner and help him increase his imagination by introducing different scenarios.

37-48 months

Be available and ready to talk to him when needed to show him you are interested in his activities.

Play simple games with him that require turn-taking (e.g., Go Fish).

Engage in activities that make him happy (e.g., reading books, doing puzzles).

49-60 months

Encourage more sophisticated pretend play by providing props (e.g., restaurant, grocery store, doctor's visit). This will help him engage in more problem solving, making decisions and new conversations.

If you can, run with him, jump with him, and play on the floor with him. He is very active at this age and loves to share this with you. Taking him to environments (i.e., the park) where he can move his body will make him feel more in control during quieter activities.