





6 months

# AGE 3 WAYS to PLAY

## Happy 6-month checkup — what an exciting time!

All babies develop on their own schedule, of course, but at 6 months you may start to see your child use sounds to express emotion, reach for objects, and sit up (they may even crawling soon). At Melissa & Doug, we believe in the powerful role that play has in brain development, physical well-being, and creating connections. Here's how you can use play to support your child as their little bodies and brains work on building important skills.



Babies love to look at faces!



Try play that stimulates their senses!



Play peekaboo, blow raspberries, touch textures!

## 6-MONTH-OLDS





· Reach with one hand



- · Try to get objects out of reach
- · Transfer objects from hand to hand
- · Find partially hidden objects
- · Explore with hands and mouth

## WHAT TO look **FOR IN TOYS**

· Smooth and nubby textures to explore



- · Soft, lightweight balls and blocks to move around
- · Flaps to flip and pockets that reveal hidden features
- · Gentle squeaks and chimes when touched
- · Pop-up toys and activity boards that help teach cause-and-effect

· Mirrors and faces





Timeless Toys. Endless Possibilities.

### HOW TO build up THEIR SKILLS



#### Physical: Fine Motor & Movement

• REACH & GRASP: Help build your baby's gross and fine motor skills by placing small toys just out of reach so they can pull

#### Cognitive: Problem Solving

• COPYCAT: Gather some baby toys that make different sounds. Shake a toy to make a sound then let baby try to mimic you with the toy. Speed up or slow down the sounds for an extra challenge.

#### Social & Emotional: Communication

• TOY TALK: Babies may not be talking yet, but that shouldn't stop you from having real "conversations" with them, with eye contact, turn-taking, replies to sounds they make, and so on. Their toys make the perfect topic: Use simple, descriptive language to talk about their toys - names of objects, colors, shapes, and more.

Recognized by parents as the #1 preschool brand for wooden and sustainable toys, Melissa & Doug believes in making timeless toys for a thriving and inclusive world.

I FARN MORE ABOUT THE POWER OF PLAY! MelissaAndDoug.com



