

Back Play



Playing on their back helps strengthen baby's core and limbs as they reach and kick. This builds skills to bring toys or hands to centre and eventually across the body.

Place baby on a mat on the floor, facing you—floor play is safest for wiggly babies!



Play ideas

- Hold toys above baby's chest to encourage reaching and batting.
- Use rattles, scarves, or high-contrast toys to grab attention.
- Place toys to the side so baby turns and reaches across their body.
- Sing, talk, or make facial expressions while face-to-face.
- Place toys near their feet that make noise when they kick.
- Bring baby's attention to their own feet or hands. They're built-in toys!



This play position builds....

- **Core and limb strength:** reaching, kicking, and grabbing all help build muscles.
- **Hand-eye coordination:** learning to reach, grasp, and bring objects to the middle of their bodies.
- **Cross-body movements:** reaching across their body supports later rolling and crawling.
- **Visual skills:** tracking faces, toys, and movement improves focus and attention.
- **Social engagement:** face-to-face play supports bonding and communication.



Talk to a doctor if baby...

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| <ul style="list-style-type: none">• Has flat spot on their head• Always turns or tilts their head to one side | <ul style="list-style-type: none">• Has a stiff neck• Has continued difficulty lifting their head• Continued difficulty reaching or kicking | <ul style="list-style-type: none">• Shows a noticeable difference in movement or muscle tone between left and right sides, or upper and lower body |
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Please consult a health professional if you have concerns about your child's safety or development.