

## TALK TO YOUR BABY

Your baby will be taking lots of interest in their surroundings. Talk to your baby and allow your baby time to make noises back to you. Have lots of time where the TV is switched off so that you can both listen and play together.



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**NHS inform** - The national health information service for Scotland.  
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[www.careopinion.org.uk](http://www.careopinion.org.uk)

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**NHS**  
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## Play together

Developmental Advice  
for Premature Babies



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## SLEEP

You should continue to place your baby on their back for sleep. Your baby will not sleep as long during the day now and you should try to have play times together.

## PLAY

Encourage your baby to reach for rattles and toys of different textures. Your baby should use both hands equally at this stage. Most toys will be taken to your baby's mouth. This is normal and is how babies learn. Only let your baby play with toys suitable for his age.

Babies learn to move by being in lots of different positions. The safest place for your baby to play is on the floor.

When your baby is awake place them in different positions to encourage movement and development. You can place them on their side, tummy, back or in a supported sitting position. Try not to leave them in one position for long periods.

When your baby plays, lay them on their back and help them to reach and play with their toes. This will help him learn about themselves and use muscles needed for rolling over.

You can still spend time playing with your baby when they are on his side and it is good for them to spend a short time on their tummy when awake.

When your baby is on his tummy, help them to lean on their arms for support and lift their head to look at something interesting. Encourage them to do this by using a colourful or noisy toy.

Babies like to be held in a sitting position. You should do this regularly as it will help develop balance.

*Do not encourage your baby to stand yet. We do not encourage baby walkers or baby jumpers. They do not help babies to walk and may cause babies to stand on their toes. This may delay some parts of development.*

