

1-4 Month Play Ideas

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Play is a natural way for your young child to grow and learn. Activities in this list support key areas of development from your ASQ. Start with easy ones and see what they enjoy. Help your child build important skills while having fun.

Communication

Your child's language skills, what they understand and what they can say.

Read simple books to your baby. Even if they don't understand the story, they will enjoy being close and listening to you read.

Talk softly to your baby during feeding times, when changing diapers and when being held. They may not understand your words but your voice will be comforting.



Gross Motor

How your child moves their arms and legs.

Rest your baby, tummy down, on your arm, with your hand on their chest. Use your other hand to secure your baby—support their head and neck. Gently swing your baby back and forth. As they get older, walk around to give them different views.

Lay your baby on their back and touch their arms and legs in different places. Make a “whooping” sound with each touch. Your baby may smile and anticipate the next touch by watching your hand. When you make each sound, you can also name the part of the body you touch.

Fine Motor

Your child's hand and finger movement and coordination.

Gently play with their toes and feet, tickling lightly. Add the "This Little Piggy Went to Market" rhyme, touching a different toe with each verse.



Gently shake a rattle or another baby toy that makes a noise. Put it in your baby's hand. See if they take it, even for a brief moment.

Problem-solving

How your child thinks, plays with things and how they solve problems.

With your baby on their back, hold a brightly colored stuffed animal above their head where they can see it. See if they watch the toy as you move it slowly back and forth.

Hold your baby in your lap and softly shake a rattle on one side. Shake slowly at first, then faster. Your baby will search for the noise with their eyes.



Personal-social

Asks about feeding, dressing, and how they engage with others.

Take turns with your baby when they makes cooing and gurgling sounds. Have a "conversation" back and forth with simple sounds that they can make.



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At this age, watching their own hands can be a fun game. You may see this while they are on their back or when you hold them and they can see their hands.