

4-8 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.

Play voice games. Talk with a high or low voice. Click your tongue. Whisper. Take turns with your baby. Place your baby so that you are face to face. Our baby will watch as you make sounds.

Let your baby see themselves in a mirror. Place an unbreakable mirror on the side of your baby's crib or changing table so that they can watch. Look in the mirror with your baby, too. Smile and wave at your baby.



Gross Motor

How your child moves their arms and legs.

While sitting on the floor, place your baby in a sitting position inside your legs. Use your legs and chest to support them. This allows you to play with your baby while they gain strength for sitting on their own in the future.

Place your baby on your knee facing you and gently bounce to the rhythm of a nursery rhyme. Sing and rock with the rhythm. Help your baby bring their hands together to clap to the rhythm.

Fine Motor

Your child's hand and finger movement and coordination.

Give your baby a spoon to grasp and chew on. It's easy to hold and feels good in the mouth. It's also great for banging, swiping, and dropping.

Fill an empty tissue box with strips of paper. Your baby will love pulling them out. (Do not use colored newsprint or magazines; they are toxic. Never use plastic bags or wrap.)



Problem-solving

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

Safely attach a favorite toy to a side of your baby's crib, swing, or cradle chair for them to reach and grasp. Change toys frequently to give them new things to see and do.

Play Peekaboo with hands, cloth, or a diaper. Put the cloth over your face first. Then let your baby hide. Pull the cloth off if your baby can't. Encourage them to play. Take turns.



Personal-social

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

With your baby lying on their back, place a toy within sight but out of reach, or move a toy across your baby's visual range. Encourage them to roll to get the toy.

Place your baby in a chair or car seat to watch everyday activities. Tell your baby what you are doing. Let your baby see, hear, and touch common objects. You can give your baby attention while getting things done.



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