



# Introducing Playtime

## Playtime With Baby

ACTIVITY NAME	HOW TO PLAY	INFO
Develop the power to turn over!	Without using a walker, let your baby rest on their stomach. They will develop muscles in their neck and body by lifting their heads to play with their toys. Make sure the toys aren't small enough to accidentally swallowed!	
Let's sing and play peek-a-boo!	Let's play along to the song, "Niramekko Shimasho. A-pu-pu." You can inflate your cheeks and make funny noises!	You can watch and sing along to various versions of the song on YouTube: <a href="https://www.youtube.com/watch?v=hZIRVWFwEGw">https://www.youtube.com/watch?v=hZIRVWFwEGw</a>
Gikkon battan! (Child lift!)	The baby should be in your lap so they can bend their knees and be able to grip on the finger of the guardian. With assistance at first, the baby should eventually become able to pull themselves up.	

※**Shaken Baby Syndrome:** By shaking or moving the baby too violently, you put them at risk of causing **brain injuries** and even **death**. It is highly important that you play with your baby gently, supporting their necks when needed until they can hold up their heads by themselves.

## Outdoor Playtime

ACTIVITY NAME	HOW TO PLAY	INFO
Animal make-believe!	Let's pretend to be animals! Move around on all fours like an animal, or make sounds like an animal alongside animal songs!	
Wheelbarrow!	With the child laying down, the parent firmly lifts and supports the chest down to the abdomen, and slowing walks forward, allowing the child to use their hands to "walk."	
Make your own outdoor toys!	Let's make paper airplanes, bamboo dragonflies, bamboo shoes, stilts, etc., that the child and parent can use to play outdoors whether in your own yard or at the park!	