

PLAY, LEARN, AND GROW

Creative, low-cost play ideas for families

LA BEST BABIES NETWORK

LABBN Healthy Babies. Our Future.

Household Items

- Use clean **Tupperware, bowls, and containers** for stacking, nesting, and pretend play (encourages imagination and problem-solving).
- Fill an **empty plastic water bottle** with beans, rice, or pasta to make a simple shaker (make sure the lid is tightly secured and supervise play).
- Play peekaboo or let baby pull **scarves or washcloths** out of a tissue box or container.



Fine Motor Activities

- **Stick Post-it Notes** on walls, doors, or mirrors for your child to peel off (builds fine motor skills and hand-eye coordination).
- Tape a large **paper bag or sheet of paper** to the floor and let your child draw with crayons or sidewalk chalk.



Tummy Time & Early Learning

- Use **high-contrast (black and white) cards** during tummy time to encourage visual development. (Many inexpensive options can be found at dollar stores.)
- **Read, point, sing, and talk** during play—every interaction helps your baby's brain grow.



Additional Ways to Support Development

- **Rotate toys regularly** to keep your baby interested and make playtime more engaging.
- **Create toys using items you already have at home**—simple materials can inspire creativity and exploration.
- Go on a **nature walk** and **collect leaves, rocks, sticks, or flowers**. Talk about what you see, hear, and feel to build language and curiosity. (Supervise younger children closely, as they may try to put small objects in their mouth.)
- Book in a different language? **Make up stories or describe pictures**. Language-rich interactions are just as valuable.



Most importantly, remember that your time, attention, and interaction are more valuable than expensive toys.

FIND MORE PARENTING TIPS: [LABestBabies.org/Parenting](https://www.labestbabies.org/parenting)