

Outstanding Care,
Compassionate People,
Healthier Communities



Sherwood Forest Hospitals
NHS Foundation Trust

My daily play plan

Information for parents, guardians and carers



Developmental play:

- Encourage baby to track faces and music/auditory toys and/or mirror from left to right.
- Reaching and grabbing toys by using a baby gym arch or by toys baby is showing preference towards.
- Side lying position to encourage bringing hands together in the middle line play in both sides. You can use a mirror during this as well.
- Tummy time / prone with chest support from a rolled towel to promote head lift (start with 30 seconds to one minute intervals and try to increase as baby's tolerance improves). Use toys baby likes and/or mirror.
- Supported sitting either with a supported seat or on parents/guardians/carers lap and encourage playing with toys in this position. This position can also be used to touch and feel books.
- Use different textures on hands and feet for sensory feedback.
- Bring baby's hands to one another to help him/her discover his/her hands and feet.

Do not leave baby unsupervised during play sessions.



Communication:

- Keep your language simple when talking with baby, reinforcing key words.
- Use natural gestures or a Makaton sign (if you know the sign) alongside to reinforce key words, for example "Milk" or "Nappy".
- Talk to baby softly, commenting on what you are doing, for example "It's time for your milk" or "Time to change your nappy", etc.
- Sing to baby, looking at him/her. Pause during the songs as this gives baby an opportunity to make a sound.
- Look at books together, sit baby on your knee or on his/her tummy and look through a book. Comment on what you can see or read the story to him/her.
- When baby is on his/her tummy, lay opposite him/her face to face and if he/she makes a sound, copy it and then pause, if he/she makes another sound copy it again. This is the very early basis of a two-way conversation.

Aim to do these twice a day, preferably before a feed or at least an hour after a feed.



Further sources of information

NHS Choices: www.nhs.uk/conditions

Our website: www.sfh-tr.nhs.uk

Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

King's Mill Hospital: 01623 672222

Newark Hospital: 01636 685692

Email: sfh-tr.PET@nhs.net

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email sfh-tr.PET@nhs.net.



This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them. If you require a full list of references (if relevant) for this leaflet, please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.

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