



Prenatal Ready for Play and Learning Handout JS33

Play is learning! When your baby arrives, we'll be doing lots of parent-child activities with them. These activities will support your baby in learning important concepts like social skills, language skills, and much, much more! Before we do an activity, we'll always use our *Ready for Play and Learning* handout to make sure your baby is ready to play and learn.



Until then, we'll be using our *Prenatal Ready for Play and Learning* handout. This handout will support you in building a strong relationship with your baby by helping you to practice reading your baby's playful cues and signals from inside your belly.





Cut out each statement below. Paste them in the following order beside each question mark on your Prenatal Ready for Play and Learning handout.

What are some things my baby does to let me know they're feeling active or playful inside my belly?

How can doing a parent-child activity support my unborn baby when they're feeling this way?

What distractions could I eliminate so that I can give all my attention to my baby during the activity? (For example, I might put my phone away, turn off the TV, etc.)

How can I make parent-child activities more fun for me during my pregnancy? (For example, I may ask other family members to join the activity, try to get in tune with my unborn baby's movements, etc.)

What are some things my baby does to let me know they're feeling active or playful inside my belly?

How will doing parent-child activities during my pregnancy grow my relationship with my unborn baby?



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- ❓ What are some things my baby does to let me know they're feeling active or playful inside my belly?
- ❓ How can doing a parent-child activity support my unborn baby when they're feeling this way?
- ❓ What distractions could I eliminate so that I can give all my attention to my baby during the activity (put my phone away, turn off the TV, etc.)?
- ❓ How can I make parent-child activities more fun for me during my pregnancy (ask other family members to join the activity, try to get in tune with my unborn baby's movements, etc.)?
- ❓ What are some things my baby may do inside my belly to let me know they're enjoying the activity?
- ❓ How will doing parent-child activities during my pregnancy grow my relationship with my unborn baby?