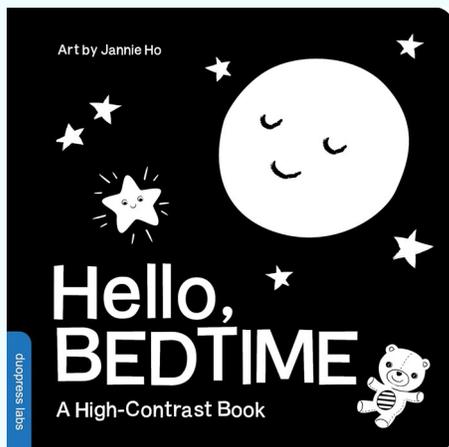


Pillow Playground

Book to add to your child's library: *Hello Bedtime* by Duopress Labs



BABY GAMES & LANGUAGE

Soft Pillow Stack

Provide 2–3 small, lightweight pillows or cushions. Let baby touch, pat, and explore the soft surfaces while sitting or during tummy time.

Pillow Roll & Return

Gently roll a soft pillow toward baby and say, “Here it comes!” Pause, then roll it back. Encourage eye tracking and anticipation.

Pat the Pillow

Pat a pillow together or guide baby's hands gently.

Pat the pillow, pat, pat, pat,
Soft and squishy—imagine that!
Pat it gently, nice and slow,
Time to rest and time to go.

Pat & Press Play

Let baby press down on a pillow with hands or feet. Narrate the experience: “Push, push... soft pillow!”

EXPLORATION

Pillow Playground

Make a fun play area entirely out of sofa cushions or pillows. Gather assorted blankets, pillows, cushions and bolsters, and arrange in a room with plenty of play space that's free of things that can fall on baby if nudged. Build hills to climb, tunnels to crawl through, and obstacle courses to traverse. Place favorite toys throughout the space to encourage your child to move around. (As always, never leave your child unattended during playtime.)

MUSIC & MOVEMENT

Pillow, Pillow, Soft and Small

(Tune of “Twinkle, Twinkle, Little Star”)

Pillow, pillow, soft and small,
Here to catch me if I fall.
Rest my head and close my eyes,
Dreaming dreams up in the skies.
Pillow, pillow, soft and small,
Snuggle close and rest us all.

Up on the Pillow, Down to the Mat

(Very gentle rolling or lifting, with support)

Up on the pillow,
Down to the mat.
Roll just a little,
How about that?

Rock-a-Bye Baby

(Rock baby slowly side to side. Keep voice low and soothing.)

Rock-a-bye baby, on the treetop,
When the wind blows, the cradle will rock.
When the bough bends, the cradle will sway,
Safe in your arms till the end of the day.

Row, Row, Row Your Boat

Row, row, row your boat
Gently down the stream,
Merrily, merrily, merrily, merrily,
Life is but a dream.

RELATIONSHIP BUILDING / BONDING

Quiet Time

Here are a few good ideas for quiet time with your baby:

1. Read a favorite book to your child in a rocking chair.
2. Lay with your baby on a blanket and watch the ceiling fan.
3. Look at your baby in the

eyes and just stare at each other for a while.

When baby smiles, coos, or relaxes, respond right away with warm words or a comforting sound. Narrate the moment using calm, reassuring language:

“You’re cozy.”
“I’m right here.”
“This pillow is soft.”
“You feel safe.”