


# 8 EFFECTIVE WAYS To Help Your Baby Grow




Give sufficient tummy time to your baby



Place the toys close enough for your baby to grab

**For Infants**




Play talking games and sing movement songs



Read picture books



Play instruction games



Let them assist with the toy tidying

**For Toddlers**



Ask simple questions like 'where is your head?'



Include building blocks in their playtime

## References:

1. Ways to Encourage Motor or Physical Development; Helpme grow
2. Parenting tips for the first two years of life; UNICEF