

# Exploring

## infants and toddlers

Capital District  
Child Care Council

*a tipsheet for parents and caregivers of children ages 0 to 2*

## Babies are ready to play when...

- Baby's caregiver, by her focused presence, lets her know that what she thinks and feels is meaningful and important
- Baby has had all basic needs met (clean diaper, full tummy, well rested, comfortable position, familiar caregiver)
- Baby will eagerly turn his head and gaze into caregiver's eyes
- Baby's eyes are wide open and bright
- Baby will reach towards caregiver with hands, feet and eyes
- Baby will visually track items presented to her and try to grab at toys
- Baby responds by smiling, cooing, laughing, babbling or raising her eye brows
- Baby's hands are mostly open and held near his chest and mouth
- Baby's arms and legs are in motion during play
- Baby glances in direction of disappearing object
- Baby begins to anticipate play opportunity and gets excited

**Playing is  
the best way  
to learn.**



LEADING THE WAY TO QUALITY CARE



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