

How do you know when baby has had enough of play time?

We learnt earlier about when is a good time to play with your baby, how do you know when baby has had enough of play time?

Babies naturally move from having fun to finding it all too much. You can tell when this is by looking for the following signs:

- Baby may look away for a time. Hold baby so they can look away when they want. Give them time to look away - they will either come back to look again or move into a different sleep/wake state.
- Don't be disappointed if baby looks away - it is the way babies manage their emotional arousal.
- When it is all too much, babies sometimes sneeze, yawn, hiccup, bring up a little milk, their skin tone pales or deepens.

It's also important to know when your baby wants to play with you more. Some babies may make fewer demands and may need more attention and take time to engage in play:

- Watch your baby carefully and notice what special things they like.
- Give lots of cuddles and notice if they have a favourite cuddling position.
- Talk to them slowly and warmly. Make eye contact and watch, wait and notice the responses.
- Don't rush baby. Give them warmth and attention while discovering things for themselves.
- Lastly, remember it's important to think about your own mood. It can be hard to interact with your baby when you are feeling low. If this happens, speak to your GP, Health Visitor or social worker to find out about what extra help and support is available.

