

# What to bring to hospital for babies (newborn to six months)

Sometimes staying in the hospital can make it harder for babies to play and learn new things. This handout gives ideas for toys and other items to help your child play and grow while they are here. You can bring these to hospital.

## Equipment suggestions:

- A mat with a mobile to help baby play on the floor
- A bouncer that helps your baby sit upright and supported. This is a good position for play and learning hand skills



## Toy and play ideas:

- Books with black and white pictures (suitable for children 0-3 months)
- Lightweight toys that are easy to grasp, for example a rattle or baby rings.
- Toys that make a noise or scrunch when held or played with



If your child needs to stay in hospital for a long time, change their toys each week. This helps them stay interested in play. Toys need to be safe. Please don't bring toys with very small parts or button batteries.

## Occupational Therapy

The Royal Children's Hospital Melbourne 50 Flemington Road, Parkville Victoria 3052  
Call 9345 9300 [www.rch.org.au/ot](http://www.rch.org.au/ot)

# What to bring to hospital for babies (six to 12 months)

Sometimes staying in the hospital can make it harder for babies to play and learn new things. This handout gives ideas for toys and other items to help your child play and grow while they are here. You can bring these to hospital.

## Equipment suggestions:

- A mat to help baby play on the floor
- A highchair to help your baby sit.  
This is a good position for play and feeding



## Toy and play ideas:

- Touch and feel books, cloth or textured books
- Toys that are easy to grasp with parts that move. This helps your baby learn hand skills
- Toys that stack on top of each other
- Toys that make a noise or light up when you push a button or move a part



If your child needs to stay in hospital for a long time, change their toys each week. This helps them stay interested in play. Toys need to be safe. Please don't bring toys with very small parts or button batteries.

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# What to bring to hospital for toddlers (one to three year-olds)

Sometimes staying in the hospital can make it harder for toddlers to play and learn new things. This handout gives ideas for toys and other items to help your child play and grow while they are here. You can bring these to hospital.

## Equipment suggestions:

- A small table and chair so your toddler can spend time out of bed. This is good for play and learning hand skills
- A mat to help with play on the floor
- A highchair to help your toddler sit. This is a good position for play and feeding.



## Toy and play ideas:

- Audio books, music and headphones
- Blocks and construction toys
- Pretend play toys, for example pretend food
- Drawing, art/craft, stickers, sensory play materials
- Books and puzzles (you can also use the RCH Library)
- Toys that help your toddler play while standing, like toys that stick to a window



If your child needs to stay in hospital for a long time, change their toys each week. This helps them stay interested in play. Toys need to be safe. Please don't bring toys with very small parts or button batteries.

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# What to bring to hospital for three to four year-olds

Sometimes staying in the hospital can make it harder for children to play and learn new things. This handout gives ideas for toys and other items to help your child play and grow while they are here. You can bring these to hospital.

## Equipment suggestions:

- A small table and chair so your toddler can spend time out of bed. This is good for play and learning hand skills



## Toy and play ideas:

- Audio books, music and headphones
- Games that need your child to solve problems or use their hands, like board games, memory games or simple card games
- Blocks/construction and pretend play toys
- Drawing, stickers, art/craft, sensory play materials
- Books and puzzles (you can also use the RCH Library)
- Toys that help your toddler play while standing, like toys that stick to a window



If your child needs to stay in hospital for a long time, change their toys each week. This helps them stay interested in play. Toys need to be safe. Please don't bring toys with very small parts or button batteries.

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