

Find simple supervised baby-play ideas

Choose one age-appropriate activity from a source you can verify.

Try the sample

Check the output

Use your own example

Your numbered learning route

- 1 Start with the sample: You can identify one detail that the model must not invent.
- 2 Open your AI chat: The prompt contains the input, the output format and the boundaries.
- 3 Compare the first draft: The result is grounded in the sample rather than merely sounding confident.

Continue: audit, adapt and save

- 1 4. Audit with the second prompt: A second AI answer is a checklist aid, not independent proof.
- 2 5. Adapt one real example: Your actual constraints replace the fictional ones; unresolved facts remain questions.
- 3 6. Save one useful artifact: You can repeat the task without this lesson and know when to verify a source.

Read the practice input

Fictional caregiver input:

Baby age: 4 months. Awake and comfortable. Caregiver stays with the baby throughout.

Available: caregiver voice and a baby-safe picture book.

Want gentle screen-free ideas, with no small loose parts, batteries, magnets or cords.

No developmental assessment or medical advice requested.

Suggest supervised play for this baby's age

Ask for the baby's age in months and any clinician restrictions first. Suggest three gentle screen-free activities matched to that age. Use adult supervision throughout and safe age-labelled materials. State when to stop. Avoid small parts, accessible batteries, magnets, cords, water play and risky DIY toys. Link UNICEF/AAP guidance; say if you cannot verify a link. Do not assess development or promise outcomes.

Use the practice input shown earlier. Open the companion link below to copy the complete prompt.

[Open copyable prompt](#)

Check the age and safety of the play ideas

Check each idea against age, materials and supervision in the input. Flag age mismatches, unsafe objects and unsupported developmental claims. Verify the suggested activity against UNICEF/AAP guidance before trying it. Replace a questionable idea with a caregiver-led song or conversation.

Use the practice input shown earlier. Open the companion link below to copy the complete prompt. Paste the answer you received into the draft placeholder.

[Open copyable prompt](#)

What a useful result looks like

Reviewed idea: sit comfortably with the awake baby, make eye contact, smile and respond softly to their sounds. Let them set the pace.

Alternative: show a page of the baby-safe book while talking about one picture.

Stop when they seem tired or uncomfortable. Verify fit for your baby with the linked age-specific guidance; no developmental outcome promised.

Check before using the result

- 1 The age and supervision requirement appear in every activity.
- 2 Inspect materials and remove small parts, accessible batteries, magnets and cords.
- 3 Use the baby's cues; stop if uncomfortable and ask a paediatrician about concerns.

Make one real example

- 1 Replace the sample with permitted, redacted input.
- 2 Add your actual constraints and mark missing details.
- 3 Save the input, reviewed output and one correction.

More things you can try

1 Young baby: gentle face-to-face conversation and songs.

2 Older baby: explore an age-labelled toy together after inspecting it.

3 Caregiver routine: a short idea list matched to age and available safe materials.

Keep your win, then go further

- 1 Explain one correction to a neighbour.
- 2 Use the browser companion for the full sample and numbered steps.
- 3 Continue to module 01 for checking AI claims, then module 02 for a bounded assistant.