

05 use sensory toys/objects

- Move objects in front of baby, e.g. a toy, a rattle or noisy toy, blow bubbles.



Dangle objects for baby to touch, e.g. hang toys over the cot, changing table, place under play gym.

Look for objects that make a noise, move, are colourful and also black and white objects.

NB. Tie objects really well. Never leave even a tiny baby on changing table alone. Give baby a soft rattle to hold. Due to choking hazard, don't give baby objects that are too small.

07 balance and body awareness activities



Slowly lift them up and down and spin slowly round and round.

Play peekaboo – hide your face behind hands or blanket and then show your face.

Hold and support them while you dance to music.

06 sing songs or lullabies and nursery rhymes

- Any action songs and nursery rhymes are fine and show baby the actions, e.g. clap hands, clap his feet, bicycle his legs. **Encourage baby to look and play with their hands and feet.**
- Do the actions yourself and others such as wiggling fingers, pulling funny faces, clicking fingers, waving.
- **With baby on his/her back, hold each hand in yours and cross the baby's hands in front of his/her body (so hugs him/herself) and then uncross hands.** Repeat several times and do the same with the legs.
- Play peek-a-boo – hide your face behind hands or blanket and then show your face.
- Slowly lift baby up and down and spin slowly round and round.



Hold and support baby whilst dancing to music



equipment ideas

- Toys that play music and make sounds
- Colourful mobiles
- Musical mobiles
- Teething toys
- Unbreakable mirror
- Cloth or board books
- Black and white patterns
- Rattles
- Variety of soft toys with different textures
- Lullaby CD's
- Nursery rhyme books
- Posters on the ceiling
- Bubbles
- Feathers



Cloth or board books



Toys that play music and make sounds