

# BABY PLAY IDEAS

## FOR 0-6 MONTHS

### RIBBONS AND RINGS

#### WHAT YOU NEED

- Ribbons of various colours/textures (40cm lengths)
- Scissors
- Wooden curtain rings or baby activity links

#### WHAT TO DO

- Tie ribbons onto the rings/links, securing them in the middle.
- Hold or hang the ring about 20cm from the baby (e.g., on a pram hood, baby capsule or activity centre).
- Baby can look at and touch the dangling ribbons.



#### BENEFITS

Visual tracking, hand-eye coordination, cause and effect, sensory stimulation (vision and touch)

### GLITTER BOTTLE

#### WHAT YOU NEED

- Clean, clear bottle (label removed)
- Glitter (flake glitter is best)
- Water
- Glycerine

#### WHAT TO DO

- Fill the bottle with approximately 5 parts water to 1 part glycerine.
- Add glitter and shake to mix.

#### BENEFITS

Visual development, extend tummy time, calming baby with slow, swirling glitter.



### TUMMY TIME MIRROR

#### WHAT YOU NEED

- A mirror (wall-mounted or baby-safe)

#### WHAT TO DO

- Place baby on their tummy in front of the mirror.
- Lay down next to them to interact and make eye contact with them in the mirror.
- Hang objects in front of the mirror, talk about them, and describe their movements.

#### BENEFITS

Vision development, helping to extend tummy time, baby's self-identity is positively nurtured.



### SINGING & RHYMES

#### WHAT YOU NEED

- Nursery rhymes e.g. Twinkle, Twinkle Little Star, This Little Piggy, Round and Round the Garden Like a Teddy Bear.
- Or your own favourite songs!

#### WHAT TO DO

- Sing to your baby with eye contact and facial expressions.
- Add gentle movements like swaying and doing the actions of the song.

#### BENEFITS

Connection and bonding, sensory stimulation (sound / movement), emotional and language development.



Click here for more ideas and information!

# BABY PLAY IDEAS

## FOR 6-12 MONTHS

### PEEK-A-BOO

#### WHAT YOU NEED

- Yourself and your baby
- Optional: cloth, blanket or towel

#### WHAT TO DO

- Look at your baby
- Cover your face with your hands or behind a cloth
- Move your hands/cloth away from your face and say "Peek-a-boo!"
- Repeat and let baby have a turn hiding as well, saying "Where are you?" and pull their hand or cloth away.

#### BENEFITS

Babies are surprised when you reappear because, at this stage, they believe if they can't see you, you're not there. Playing "Peek-a-boo" helps babies develop an understanding of 'object permanence.'



### POSTING BOX

#### WHAT YOU NEED

- Cardboard box/container with a hole in the lid and a side opening
- Items that fit through the hole

#### WHAT TO DO

- Show your baby how to post items into the box.
- Ask, "Where is it?" after posting.
- Check the side opening together, saying, "There it is! It's in the box."

#### BENEFITS

Helps develop object permanence—understanding that objects exist even when out of sight, building early memory skills.



### THREADING

#### WHAT YOU NEED

- Pool noodle
- Box cutter/sharp kitchen knife
- Wooden spoon

#### WHAT TO DO

- Cut pool noodles into 2.5-3cm rings
- Hold the wooden spoon handle up for your baby to thread the pool noodle holes onto the spoon
- You might need to manoeuvre the handle to help your baby to coordinate and 'land' the ring.

#### BENEFITS

Physical development & coordination.



### AQUARIUM

#### WHAT YOU NEED

- Clear water bottle
- Funnel
- Jug
- Blue food colouring
- Water
- Dish sponges/chux
- Scissors
- Optional – star shaped sequins or shells.

#### WHAT TO DO

- Cut sponges into fish shapes and chux into seaweed.
- Add sponge shapes (and optional sequins/shells) to the bottle.
- Mix a few drops of blue food colouring into water, then pour it into the bottle and secure the lid.
- Let your baby explore the bottle during tummy time or while sitting.

#### BENEFITS

Physical strength, eye tracking and calming.



Click here for more ideas and information!