



## Baby playtime

0 - 1 year olds

**TIME:** 10 - 15 minutes

**SKILL:** Eyes tracking objects, arm and leg movements

**REQUIREMENTS:** Safe, open floor space without sharp objects on or near the floor. Floor blanket or play mat. Colourful baby toys.

### Directions

1. Lay a blanket on the floor and place your baby on her stomach or back. Lie down on the floor with her.
2. Place a variety of colourful baby toys around your baby within kicking or reaching distance.
3. Try to select toys that also make noises (e.g. contain bells or rattles) and have different surface textures. Rattle them, squeeze them, or move them to catch her attention.
4. Allow your baby to explore movement by kicking and reaching for toys. When she loses interest, either change the toys or try a new activity.
5. Never leave your baby unattended during the activity.

### Variation

- If your baby appears to be looking at you more than the toys, try moving further away so you are not her focus of attention.

### Benefits

- This activity helps your child to develop basic upper body and lower body movements, as well as visual acuity.