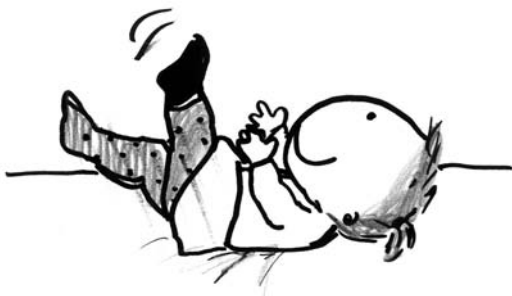


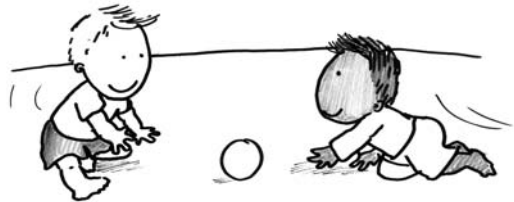
21

Put a brightly **coloured sock** on one foot of the baby. At first she will look at it only, but then after some time she will catch her foot and hold it. Try the sock on each foot.



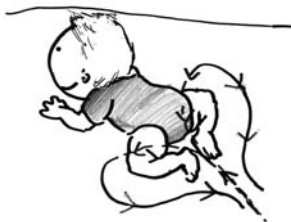
22

When baby has learned to “squirm” or crawl - place toys **just out of reach** to encourage movement. Don't put it too far away and frustrate her!!



23

To help strengthen baby's leg muscles and encourage creeping and crawling, play “**frogs**” with baby. Lay baby on her tummy then gently bend her knees up at the same time, “like a frog”. Gently let her knees go straight as you separate her legs before bringing them together again. (*like “breaststroke” legs!*)



24

When baby is learning to sit, sit him inside an inflated **swimming ring**. If he wobbles and over-balances, he won't hurt himself!

