

CONTENTS - 0-6 MONTHS

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SECTION 1

FOCUS ON GROSS MOTOR DEVELOPMENT

- (1) Different body positions
- (2) Different things to look at
- (3) Gripping reflex
- (4) Squeaky toy
- (5) Spontaneous play
- (6) Beach ball
- (7) Kicking gym
- (8) Foot-push
- (9) Turn over
- (10) Floating balloon
- (11) Gently move
- (12) Lift his head
- (13) Sit-up game
- (14) See-saw game
- (15) "Batting"
- (16) A "batting string"
- (17) Disc
- (18) Move about spontaneously
- (19) Mirror
- (20) Small pillow
- (21) Coloured sock
- (22) Out of reach
- (23) "Frogs"
- (24) Swimming ring
- (25) Floor time
- (26) In a basket
- (27) Bounce knees
- (28) Obstacle course
- (29) Bubble wrap
- (30) Pompom

SECTION 2

FOCUS ON DEVELOPING AN AWARENESS OF DIFFERENT BODY PARTS

- (31) Kissing
- (32) Stroke arms and legs
- (33) A feather
- (34) Different textures
 - (a) Texture mural
 - (b) Glove
 - (c) Rub limbs
 - (d) Wooden clothes pegs
- (35) Tickle time
- (36) Wrist bands
- (37) Head, shoulders, knees and toes
- (38) Piggy game
- (39) "Five fingers..."
- (40) Digital photos
- (41) "Round and round the garden..."
- (42) Plastic bracelet

SECTION 3:

FOCUS ON FINE MOTOR SKILLS, HAND/EYE CO-ORDINATION AND VISION

- (43) Mobile
- (44) "Habituation"
- (45) Shaky egg
- (46) Mobile to one side
- (47) Reach for something
- (48) Tracking
- (49) Suspended by elastic
- (50) Soft ball
- (51) Puppet
- (52) Smiley face
- (53) Facial expressions
- (54) Cushion
- (55) Finger puppet
- (56) Shake it high
- (57) Both hands
- (58) Different sizes
- (59) Blow bubbles
- (60) Peep-bo
- (61) Strong enough
- (62) Roly-poly
- (63) Bounce a large ball

- (64) Telling the difference
- (65) One hand to the other
- (66) A third toy
- (67) Partially hide
- (68) Tin lids
- (69) Busy board
- (70) Jelly
- (71) Rag doll
- (72) Squeak and rattle

SECTION 4

RECOGNISING AND LOCATING SOUNDS

- (73) Smile and laugh
- (74) Wind chimes
- (75) Sound tray
- (76) New sounds
- (77) Different points
- (78) Shake and rattle
- (79) Ring a small bell
- (80) Toy in each hand
- (81) Radio

SECTION 5

USING MUSIC AND RHYME

- (82) Quiet music
- (83) Washing machine
- (84) Musical toy
- (85) Dance with baby
- (86) Nursery rhymes
- (87) Hold them close
- (88) "Row, row, row the boat..."
- (89) Gently stretch
- (90) Beat a rhythm
- (91) "Babbling"
- (92) "If you're happy and you know it..."
- (93) Dance together
- (94) "The wheels on the bus..."
- (95) Surprise endings
- (96) "Rock-a-bye-baby..."
- (97) Pat-a-cake
- (98) The horses
- (99) Go to sleep
- (100) Wiggle toes

CONTENTS - THE OLDER BABY 6-12 MONTHS

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Main aspects of physical development and progress shown in older babies from 6-12 months.....47

Specific physical development shown from 6-12 months reveals how much stronger, controlled and confident the older baby has become.49

SECTION 1 FOCUS ON GROSS MOTOR DEVELOPMENT

- (1) Batting
- (2) Sitting
- (3) Copying
- (4) Pots and pans
- (5) Hide and seek
- (6) Hand clapping
- (7) Large light ball
- (8) Curtain pole
- (9) Trails
- (10) Trays or buckets
- (11) Boundaries
- (12) Tin lids
- (13) Tunnel
- (14) Crawl towards
- (15) Selection of objects
- (16) Push and chase
- (17) Truck
- (18) Roll and move
- (19) Roll a ball
- (20) Pull-toy
- (21) Plastic bucket
- (22) Slight incline
- (23) Blocks
- (24) Feet wide astride
- (25) A walk
- (26) Sit-on-toy
- (27) Discovery bottles

SECTION 2

FOCUS ON DEVELOPMENT OF FINE MOTOR SKILLS, HAND/EYE CO-ORDINATION AND VISION

- (28) Yoghurt
- (29) Flour
- (30) Spaghetti
- (31) A hat
- (32) Mirror
- (33) Bang!
- (34) What's underneath
- (35) Hide a toy
- (36) Drop it
- (37) Puzzle
- (38) Shaky toys
- (39) Textures
- (40) "Feel box"
- (41) Stacking cups
- (42) Posting
 - (a) Round hole
 - (b) Square hole
- (43) Building bricks
- (44) Baby mirror
- (45) Going away
- (46) Paper bag
- (47) Hair rollers
- (48) Containers
- (49) Clothes pegs
- (50) Digital photos
- (51) Pull the string
- (52) Toy car
- (53) Plastic guttering
- (54) Ribbon
- (55) Zipper
- (56) Oven glove
- (57) Screw lid
- (58) See-through
- (59) Tidy-up
- (60) Spindle toy
- (61) Wooden beads
- (62) Silky scarves
- (63) Bubbles
- (64) Drum
- (65) Toy on wheels
- (66) Garage
- (67) Sieve
- (68) Tearing
- (69) Pouring

- (70) Filling
- (71) Scoop
- (72) Scribbling
- (73) Slip-over
- (74) Treasure basket

SECTION 3

FOCUS ON DISCOVERING BODY PARTS

- (75) Own face
- (76) Smells!
- (77) Smelly material
- (78) Upside-down
- (79) Soles of feet

SECTION 4

FOCUS ON RECOGNISING AND LOCATING SOUND

- (80) Identify
- (81) Sounds
- (82) Animals
- (83) Hide and call
- (84) Ticking clock
- (85) Different drums
- (86) Different sounds

SECTION 5

FOCUS ON USING MUSIC AND RHYME

- (87) Variety
- (88) Read
- (89) Bouncing
- (90) Cuddles
- (91) Two wooden spoons
- (92) Musical toy
- (93) Nursery rhymes
- (94) Holding hands
- (95) Two little dickie birds
- (96) Smiley face
- (97) Classical music
- (98) "Bop"
- (99) Marching music
- (100) Shake it about

Music by:-

Jacob Grant

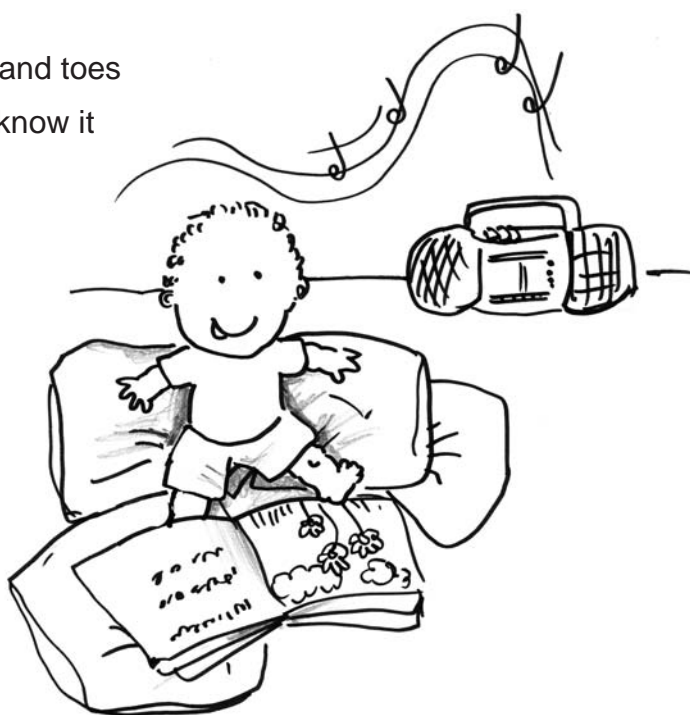
Edward, John and Richard Smith

Tracks

- Track 1 Wheels on the bus
- Track 2 The sun has got his hat on
- Track 3 Mullberry bush
- Track 4 Ring around the rosie
- Track 5 Baby grows
- Track 6 Bubbles
- Track 7 Three blind mice
- Track 8 Hickory, dickory dock
- Track 9 Baa, baa, black sheep
- Track 10 Sing a song of six pence
- Track 11 Jack and Jill
- Track 12 Humpty Dumpty
- Track 13 Hot cross buns
- Track 14 The grand old duke of york
- Track 15 Go to sleep
- Track 16 Peaceful
- Track 17 Washing machine
- Track 18 Rocking
- Track 19 Head, shoulders, knees and toes
- Track 20 If you're happy and you know it
- Track 21 Hockey Cokey
- Track 22 Rock-a-bye-baby
- Track 23 Row, row, row the boat
- Track 24 March, march, march

N.B. Some track numbers have been identified beside specific ideas or activities.

However, the purpose of the CD is for you to use the music at any time for singing or dancing with your baby or to accompany any of the other ideas or activities.



9

When a baby begins to **turn over** by him/herself, you could help by putting hands under the shoulders and gently rocking him onto his side and back again.



10

Use a wide ribbon to tie an inflated, non-breakable **floating balloon** to something close and within easy reach of your baby. She will enjoy watching the balloon and after some time may pull the ribbon and watch it more.



11

With baby lying on his/her back - gently lift arms up above the head and back again. **Gently move** the legs in a bicycle movement - could sing "The wheels on the bus" as you do it.



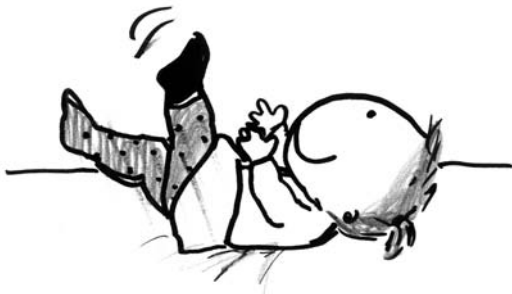
12

Lay the baby on its tummy and place a favourite toy in front of him/her to encourage him to **lift his head**. This will exercise and develop back, neck and arm muscles.



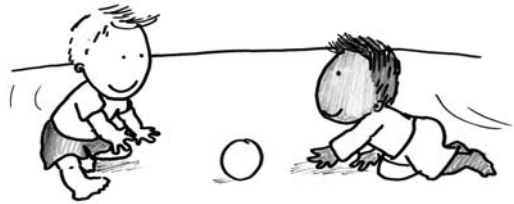
21

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.



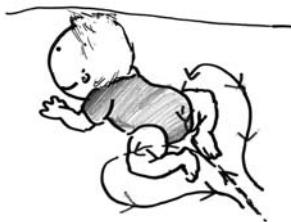
22

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!*)



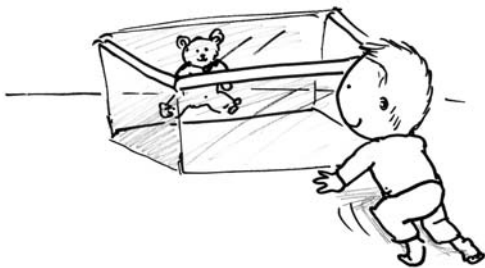
24

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



5

To make 'hide and seek' more challenging, place a toy behind a transparent barrier of some sort - clear plastic box etc. Does baby reach **around** to get the toy or try to reach for it **directly** - through the barrier?



6

Play a **hand-clapping** game with your baby. Clap his hands together in a rhythm and sing a song e.g.

"Pat-a-cake, pat-a-cake, baker's man
Bake me a cake as fast as you can
Mix it and beat it and put it in to bake
Take it from the oven, what a lovely cake!"

You could have fun with this game by putting baby's hands under a cloth on "put it in to bake" and then take the cloth away on "what a lovely cake!"



7

If baby is able to sit in a fairly stable position, sit opposite him with your legs astride and gently roll a **large light ball** towards him. Let him try to roll it back to you. A fabric ball will be just as successful.



8

If baby is in the in-between stage where he can pull himself up but can't quite work out how to sit back down again, it is helpful to fix a wooden **curtain pole** at a low level (*so he can pull himself up, and hold onto as he sits down*)

To make it more interesting fix different items to hang from curtain rings so they pull them along the pole and explore.



67

Another musical instrument you can create for baby could be an upturned kitchen pan and the beater is a small **seive** - this makes a different sound.



68

Towards one year old, baby may like to start **tearing** things. Interesting tearing experiences could be had from tin foil, tissue paper, magazines, sugar paper, wrapping paper etc. Closely supervise any tearing activity as initially baby may be more interested in eating the paper!



69

Pouring activity with water is very messy - perhaps not so messy is using paper cups and cereals. Fill a cup with cereals and show baby how to pour them into another cup - he will enjoy sampling the cereal.



70

Show baby how to dip a teaspoon into a bowl of water and pour some water from it into a paper cup. This will really challenge his **filling** ability. Adding small pieces of ice will add both to the interest and the challenge!

