

Exercise

BABY GAME BINGO

Baby play 0-3 Months

Try the following games with your baby and tick them off as you go!

<p>Shadow Puppets</p> <p>Babies have quite limited eyesight but they can tell dark from light. Shine a torch on a wall in a darkened room and make shapes with your hands in front on the torch. This will show as shadows on the wall.</p>	<p>Rattle play</p> <p>Hold up a rattle in each hand. Shake one and watch if your baby focuses on it. Give baby a few seconds, then shake the other rattle. Wait for baby to focus on that one.</p>	<p>See and Say</p> <p>Baby will learn language skills through listening to you, so simply see and say! Talk about the colours of cars, the shapes of trees or describe the items in your home like photos or ornaments.</p>	<p>Baby Reflections</p> <p>Hold a baby-safe toy mirror in front of your baby and encourage them to interact with their reflection. Copy your baby's facial expressions and make some new ones to see if your baby will copy you.</p>
<p>Dance</p> <p>Put on some favourite baby friendly music and dance for them. Silly exaggerated movements like jazz hands are particularly funny to babies. You could also use a sling or hold your baby and they can dance with you.</p>	<p>Baby sing-a-long</p> <p>Your baby will like any song with movements: Itsy Bitsy Spider, The Wheels on the Bus, Row, Row, Row Your Boat, Head, Shoulders, Knees, and Toes and Patty-Cake, to name a few.</p>	<p>Exploring Books</p> <p>While a baby won't understand a story plot, they will enjoy benefit from learning about books and it can help a routine to fit in story time.</p>	<p>Baby Massage</p> <p>Working in sections, as tolerance allows, gently but firmly stroke her legs, arms, and belly.</p>
<p>Basket of Wonder</p> <p>Keep a little stash of interesting objects beside you. When the moment is right, whip something out like a magician and explore it together. Of course, avoid anything that could hurt baby, but most things can be used such as fruit or vegetables and cuddly toys.</p>	<p>Magic Wardrobe</p> <p>Using clothes you already have, run soft or silky fabrics over baby's face, hands, and feet. Lay fuzzy stuff down on the floor and put your baby on top of it. Talk though the colours and let them touch beads or scrunchy fabrics.</p>	<p>Blanket Time</p> <p>Have a big comfy blanket you can lay out on the floor. Make time for babies to be on their tummy for a few minutes at a time to develop strength and on their back to help them learn awareness about themselves and how they move in space.</p>	<p>Fancy Ribbons</p> <p>Tie or tape some ribbons, fabric, or other interesting streamers onto a wooden spoon and dangle them gently over and in front of your baby's face. Be sure never to leave baby unattended with this toy though.</p>