

BABIES (0 – 18 MONTHS)

Hand Eye Coordination Activities

Posting game

Equipment: Cardboard box, paper, cardboard and scissors.

- How to play:
1. Create a post box by cutting a hole in a cardboard box.
 2. Make some 'letters' by cutting paper and cardboard of different textures to fit through the post box hole.
 3. Encourage babies to post paper and cardboard pieces through (start with large slit and use others with smaller slits as they progress).

Drums and music

Equipment: Saucepans, buckets, containers, wooden spoons and music.

- How to play:
1. Make drums out of saucepans and containers and drum sticks from wooden spoons.
 2. Encourage baby to tap the drum stick on the drum.
 3. Play some upbeat music in the background to encourage rhythm.
 4. Encourage baby to move their body to music by showing different types of movements e.g. stretching, clapping.



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Balancing Activities

Crawling Obstacle Course

Equipment: Floor space with cushions, low soft foam shapes, wedges and a tunnel

- How to play:
1. Position equipment around an open floor space in a circuit format.
 2. Encourage babies to crawl over and through the obstacles.
 3. Encourage older babies to pull themselves up at the end of the course by placing an exciting item on a higher surface.

Cruising Circuit

Equipment: Low furniture e.g. a table, soft foam shapes, a stable chair or couch and toys.

- How to play:
1. Position toddlers to stand at the furniture.
 2. Use a variety of toys to encourage them to walk: sideways along the edge of the furniture in both Directions, inside a corner, around the outside of a corner, and between two pieces of furniture.



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Reaching and Grasping Activities

Tummy time

Equipment: A range of toys and balls

- How to play:
1. Position babies on their tummies on a mat on the floor.
 2. Have toys already placed on the floor so it is inviting.
 3. Sit on the floor with babies to play.
 4. Encourage babies to reach for different objects.

Other ideas: A rolled towel or wedge under their chests will make it easier for babies to lift their head and lean on their arms. Rolling a baby over a beach ball or fit ball on their tummy also gives them the opportunity to develop head and neck strength.

Wall mounted texture board

Equipment: A piece of ply or craft wood and anything that can be safely attached (felt, fur, leather, carpet pieces, mirror, card board, sealed clear containers or bags containing shells, glitter or water, chains and so on).

- How to play:
1. Attach materials to the wood base using glue, screws or an appropriate adhesive.
 2. Encourage infants to reach and feel the different textures and use different words to describe what they are feeling.



Find more active ideas at www.movewellearwell.tas.gov.au