



Baby Warm Up



Hands on at Home

Balloon Fun

Hanging balloons encourage your baby to swipe and kick at them.

This simple activity stimulates- [hand-eye and hand-foot coordination](#), [visual tracking](#) and even activates the baby's [big muscles](#).

You can very easily adapt the activity to change your baby's position and encourage him or her to use different muscles.



You will need:

Balloons
String or ribbon
Tape



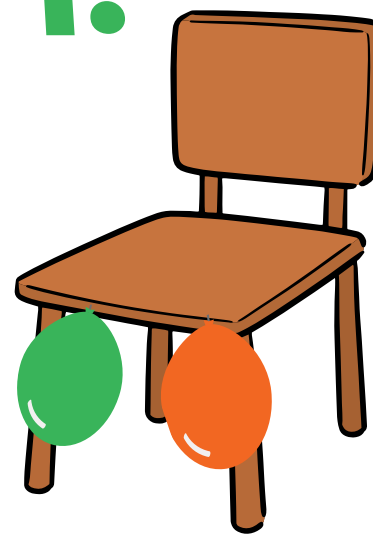
Doorway or area to suspend balloons from

Method:

- [Baby on back](#) - suspend the balloons by taping them to a chair. Place your baby on a blanket beneath the balloons and allow him/her to watch the balloons as they gently move. Encourage your baby to use both hands and feet to swipe at the balloons
- [Sitting baby](#) - suspend the balloons a little higher, e.g. to the table, or hanging down from a doorway. Encourage your baby to stretch upwards and to the sides
- [Standing and cruising baby](#) - give your little one a support (e.g. a low table or the couch) as s/he stands and swipes at the suspended balloons. Encourage him/her to step across to reach the balloons



1.



2.



3.



Nanny 'n me
growing together