



# Baby Extra Activities



## Hands on at Home

### Milk Bottle Lid Shakers

#### You will need:



Plastic milk bottle caps washed and dried (2 per shaker)

Small plastic beads/sand/rice – anything that will make an interesting noise!



Duct tape

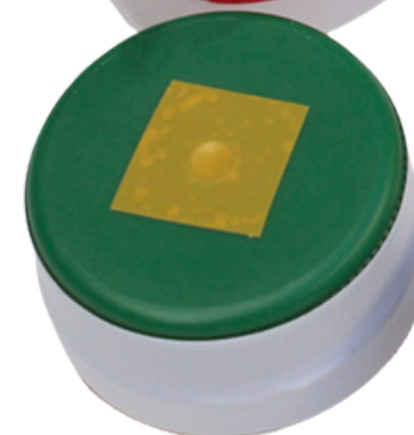
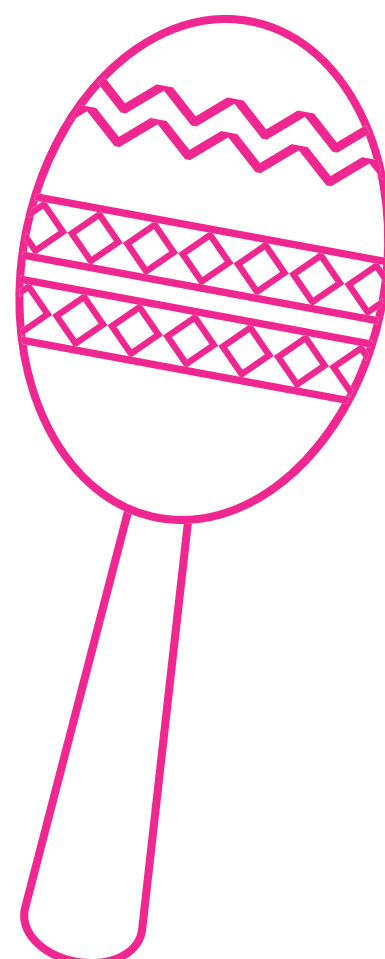
Scissors

Stickers (optional)



#### Method:

1. Use some rice, two milk bottle lids and some tape to create a shaker
2. Decorate your shaker with some stickers
3. This shaker is a lovely size for little hands, but please remember to always supervise play with this homemade toy
4. Sing some songs together as you use the shaker



<https://www.thecrafttrain.com/diy-shakers-bottle-cap-craft/>



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growing together





# Baby Extra Activities



Hands on at Home

## Sensory Mix ExpLoration

### You will need:

Cinnamon

Oats

Plastic container with  
shallow sides

Pegs, popsicle sticks and  
milk bottle lids



### Method:

1. Make a sensory mix of raw oats and cinnamon
2. Place it in a tub with low sides and hide some lids, sticks and pegs in the mix
3. Talk about all the things your little one is experiencing with his/her senses as you play



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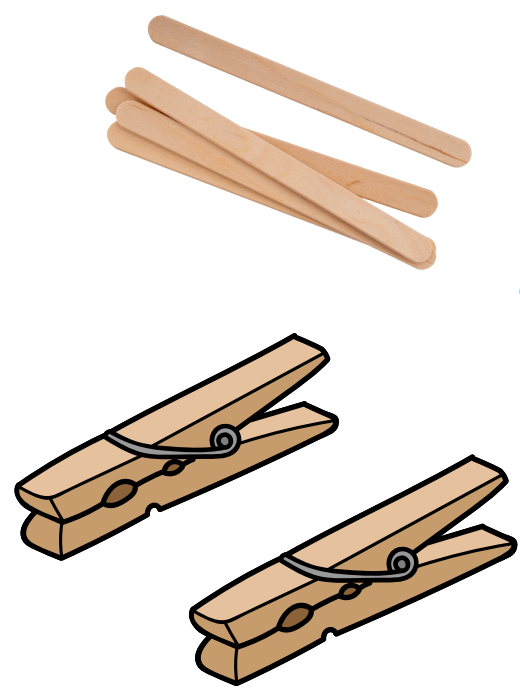
# Baby Extra Activities



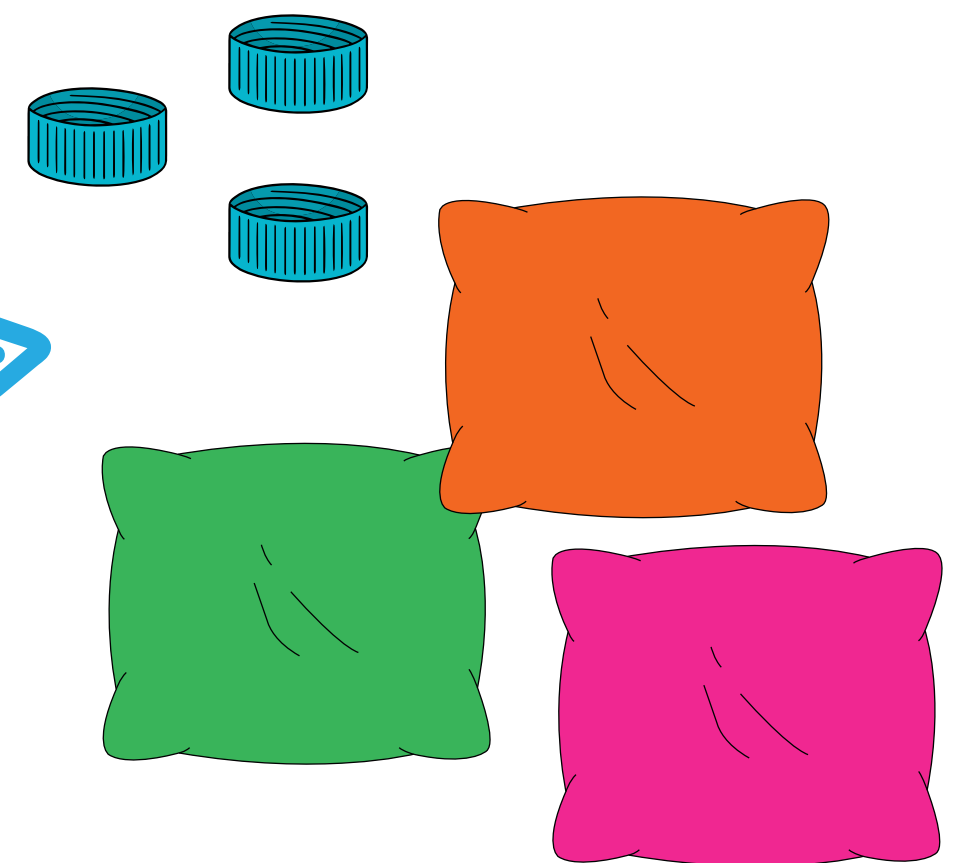
Hands on at Home

## Obstacle Course Trail

### You will need:

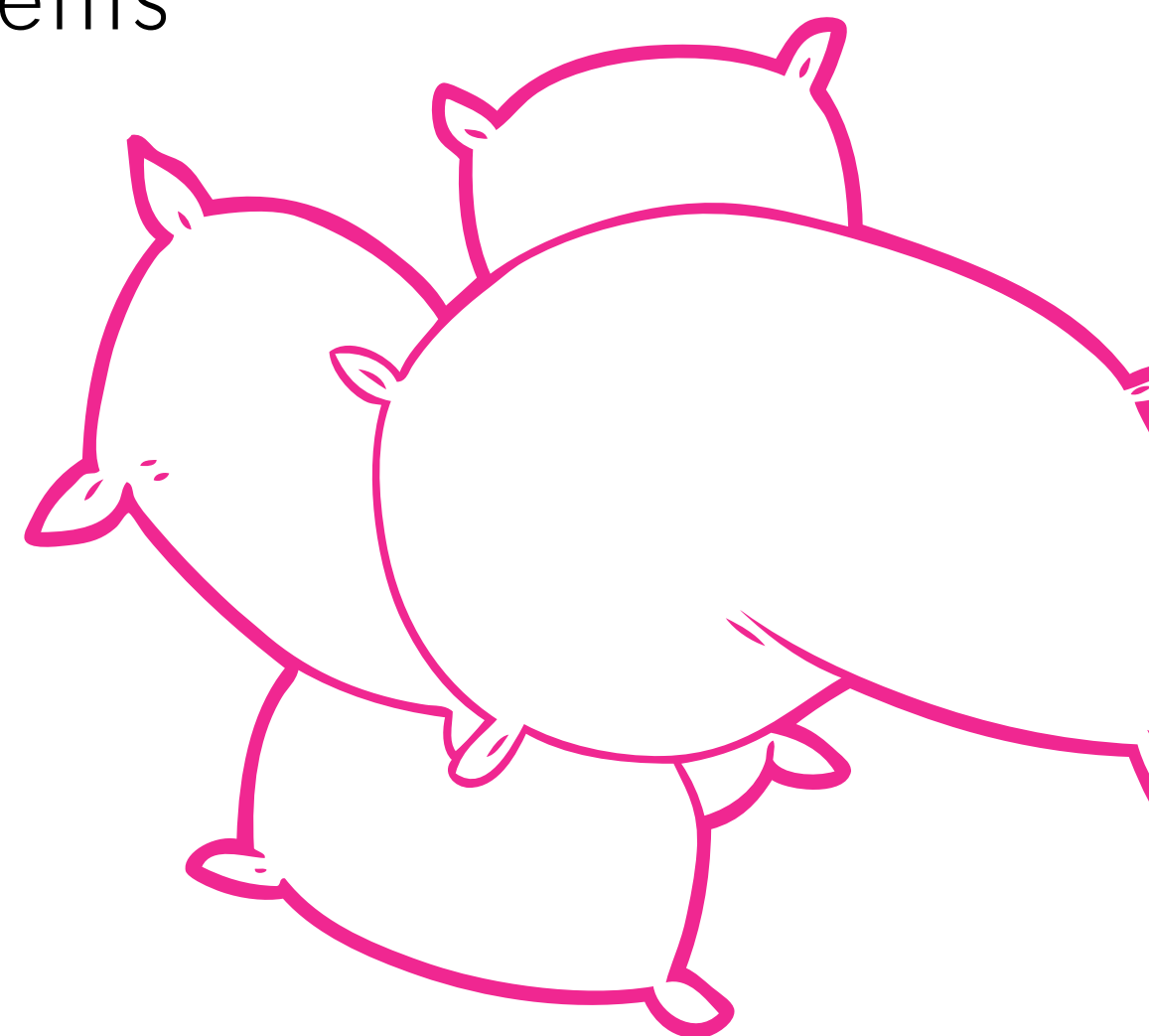
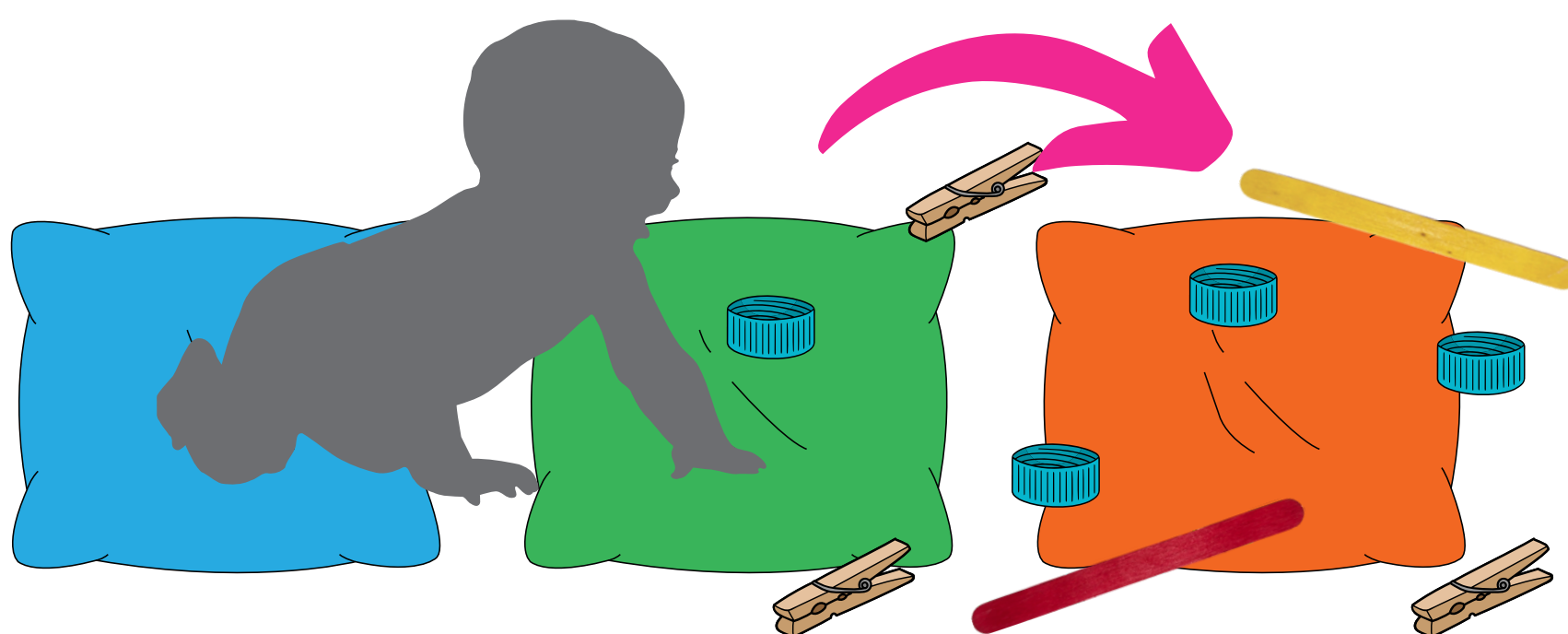


Pegs  
Popsicle sticks  
Milk bottle lids  
Cushions



### Method:

1. Set up an obstacle course with pillows and pegs, sticks and lids
2. Encourage your baby to crawl over the pillows to go and fetch the exciting items laid out
3. If your baby is not yet crawling, encourage some tummy time and rolling towards the objects
4. If your baby is already walking, you can still encourage crawling in this activity as crawling has many benefits



**ACTIVITY TIP:**

This activity works your Little one's Big Muscle Development



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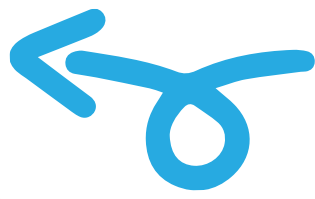
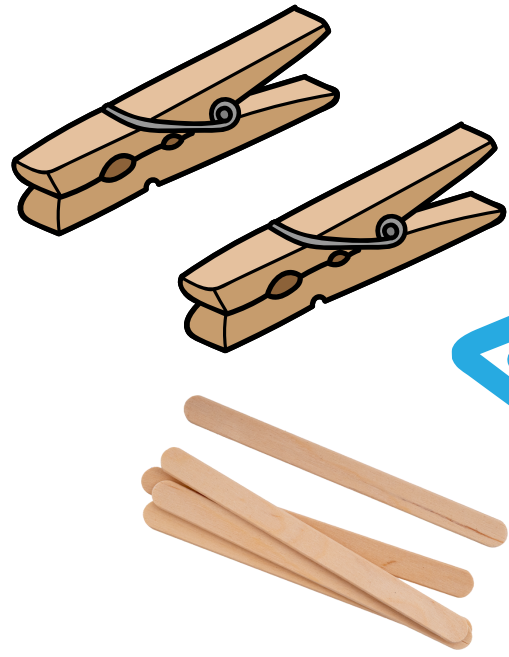
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## Hands on at Home

### Peek-a-Boo!

#### You will need:

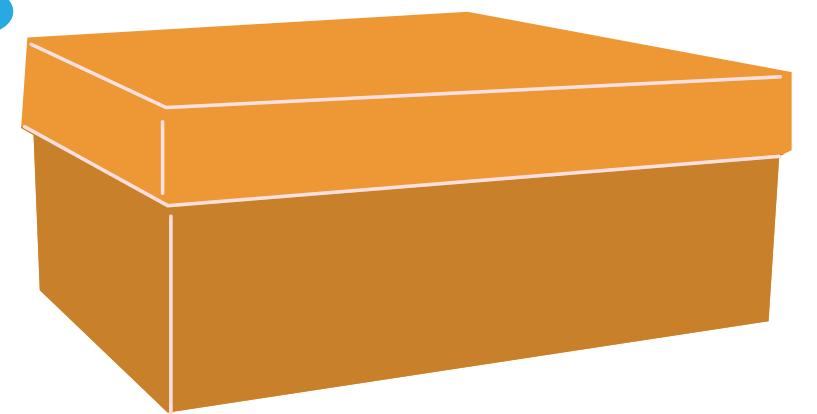
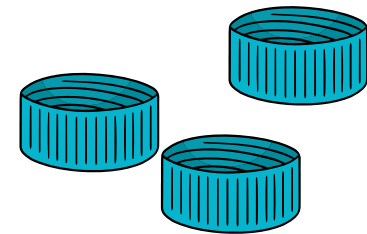
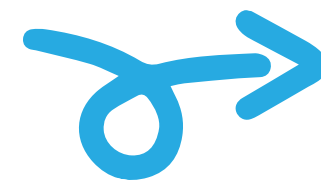


Pegs

Popsicle sticks

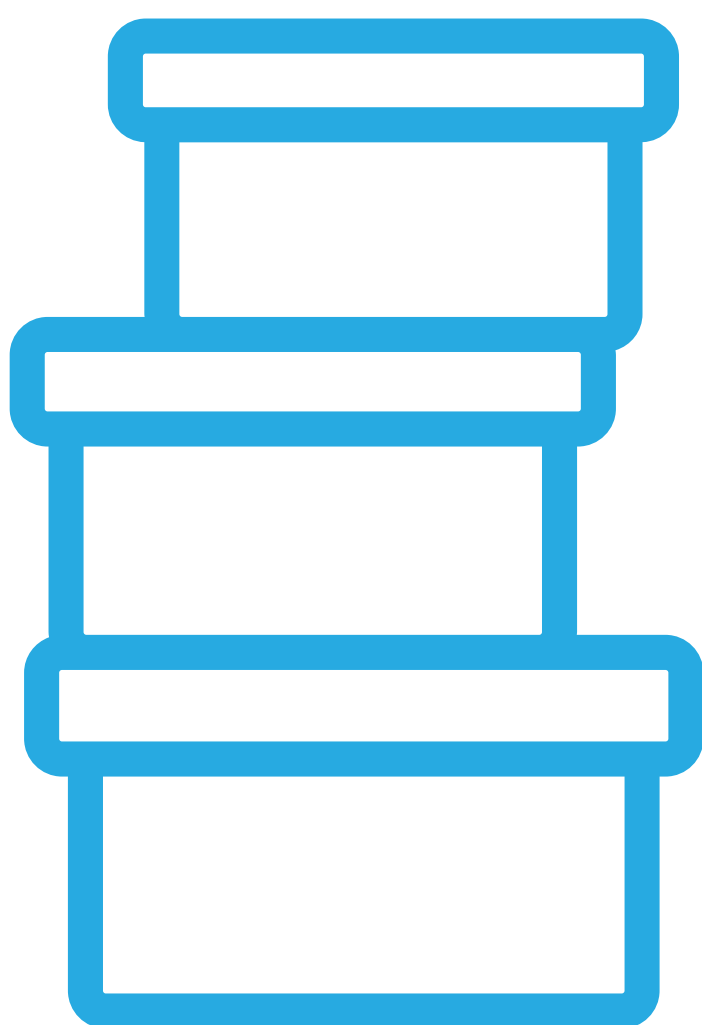
Milk bottle lids

Empty box/shoe box



#### Method:

1. Hide some lids, sticks and pegs in different places in relation to your box – inside, on top of, underneath, behind, next to etc.
2. This activity is a great way to teach your little one about different prepositions



✓ **ACTIVITY TIP:**  
This activity is  
working your  
Little one's  
Thinking  
Development.



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