



Baby Extra Activities



Developmental Overview - Small Muscle Development

Foot Paint Stomping



You will need:



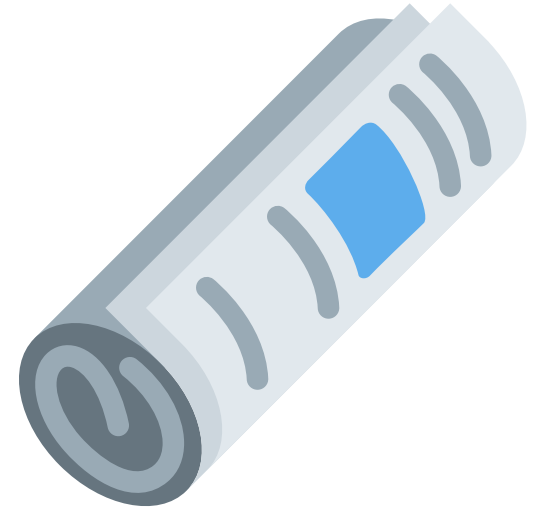
Tray

Paper or newspaper

Prestik

Damp towel/baby wipes

Non-toxic paint in 3 colours



Method:

1. Use some prestik to stick some paper down on a tray or on the floor
2. Place some paint on another tray and help your little one to stand in the paint. Hold his/her hands as it can be slippery!
3. Help your child to step onto the piece of paper and stomp around, painting with his/her feet!



Activity Tip:



For younger babies -

Let them sit on your

Lap and use the

hand-over foot

technique to help

guide their footprints!





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PuLLing and Posting

You will need:

Big yoghurt container/shoe box

Scissors/knife

Ribbons

Shoelaces

Small lightweight scarves

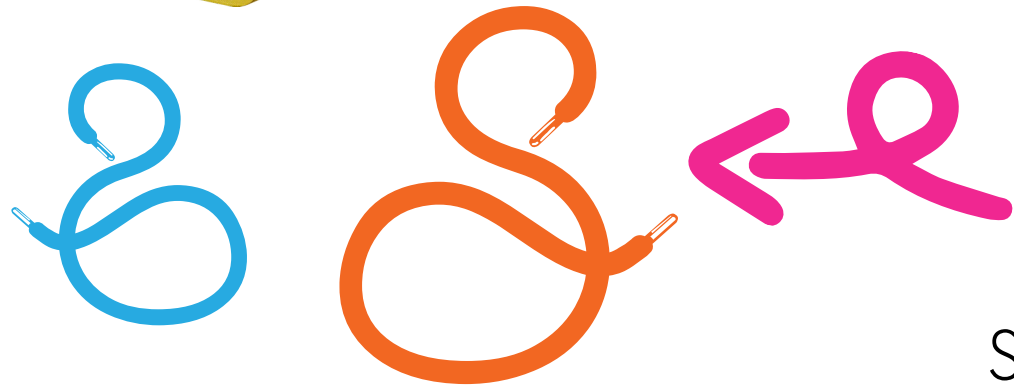
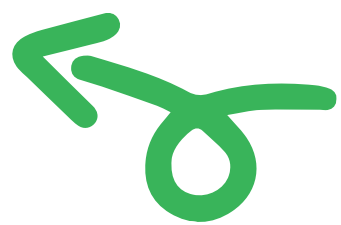
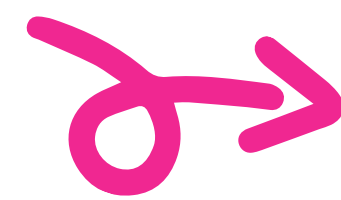
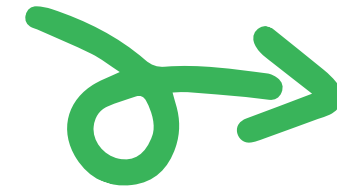
Scrunched up paper balls

(newspaper, scrap paper or tinfoil)

Uncooked Pasta (optional)

Pom Poms (optional)

Ice cream sticks (optional)

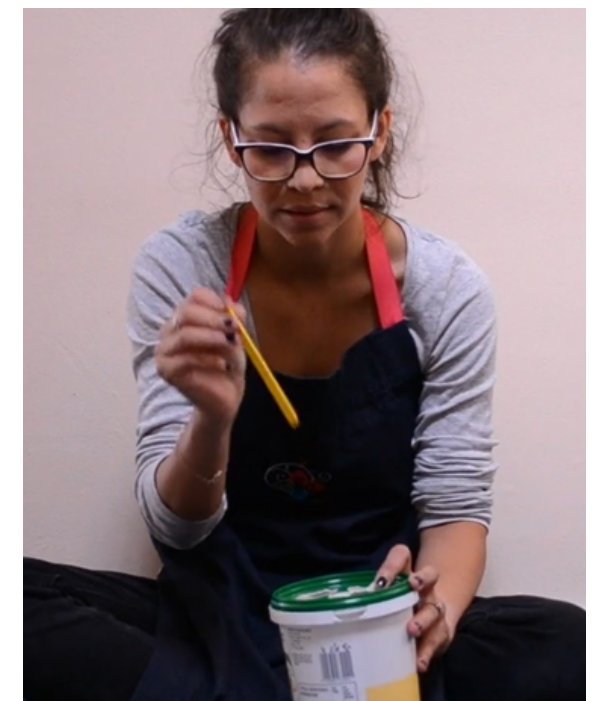


Method:

1. Gather a few of the items on the list mentioned above
2. Cut out appropriate sized holes in the lid of your container to match the items
3. First, show your little one how to do some posting as you post and push the items through the holes into the container
4. Place some ribbons/shoe laces/scarves inside the container and pull the end out of the hole in the lid, just a little. Now encourage your child to pull them out!



Posting



✓ Activity Tip:

For younger children - just cut one hole and use a bigger item to 'post'



PuLLing





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Visual Tracking

You will need:



Method:

1. Place the ball on your tray. Hold the tray and gently tip it so that the ball rolls from one side of the tray to the other. Encourage your child to watch the ball and try to grab it
2. Tie a toy to a piece of string. Hold it up in front of your baby and sway it gently from side to side, and up and down. Encourage them to watch the toy and try to reach for it



✓ Activity Tip:

This is good for our little ones' visual tracking. They are using the small muscles in their eyes.





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Food Play



You will need:

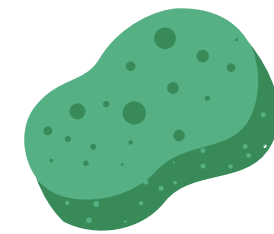
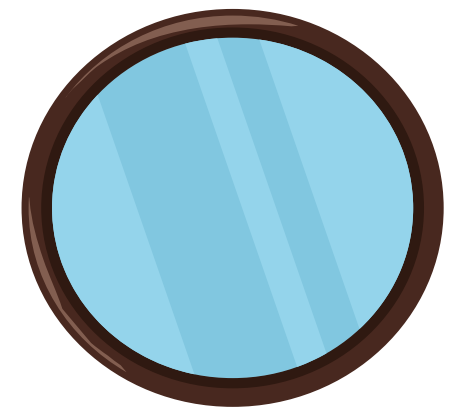
Mirror/tray

Bowl with water

Towel

Sponge

Yoghurt/custard/fruit puree



Method:

1. Place your food item on a tray and allow your little one to explore with his/her hands
2. Draw some patterns in the yoghurt/fruit puree/custard
3. As your child is playing and tasting, remember to describe the taste, texture and temperature
4. When you are finished, include your little one in the cleaning up process. Give them a sponge and some water and encourage them to squeeze the sponge for some extra exercise for those small muscles!



✓ Activity Tip:

Older babies can try copy your patterns/shapes

