



Baby Extra Activities



1.

Nanny Leopard!

You will need:

Leopard picture from main activity
OR toy of interest
Cushions/pillows

Method:

1. Lie on your back on the floor and place your baby on your tummy on their tummy to do some tummy time!
2. Encourage your baby to look at you while you growl and meow! This is beneficial for all babies.
3. With your baby still on your tummy, start to roll from side to side gently. Support your baby so that they don't roll too far and fall off of your tummy.
4. Repeat step 2 with your baby lying on their back. Crawling babies can crawl over your body or along a path of pillows with their leopard picture or toy on the other side to motivate them to crawl to it.
5. Older babies (who can stand while holding onto something) can stand on your thighs facing you, with their hands holding onto your shoulders. Hold their hips in case they fall.
6. Walking babies can walk over your body or along a path of pillows with their leopard picture or toy on the other side to motivate them to walk. Be ready to catch them if they fall!



Whichever position you choose make sure you are supporting your little one so they experience the movement but are secure!



Nanny 'n me
growing together



Baby Extra Activities



2. Leopard LuLLaby

You will need:

Bath towel
Toy of interest

Method:

For younger babies

(4 to 8 months)

1. Spread your towel out on the ground with the shortest side facing you.
2. Place your baby lying on their back along the width of the towel, in the middle.
3. Reach over your baby to grab and join the opposite corners of the long sides of the towel to create a hammock. Be sure to hold the corners with your whole hand wrapped around with some towel sticking out the top.
4. Slowly stand up to lift your baby just off of the ground. Gently swing your baby side to side and backwards and forwards.



You can place a comfort item or toy that your baby enjoys playing with inside the hammock with them.



You can sing or play gentle music while swaying your Little one slowly!



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2. Leopard LuLLaby

You will need:

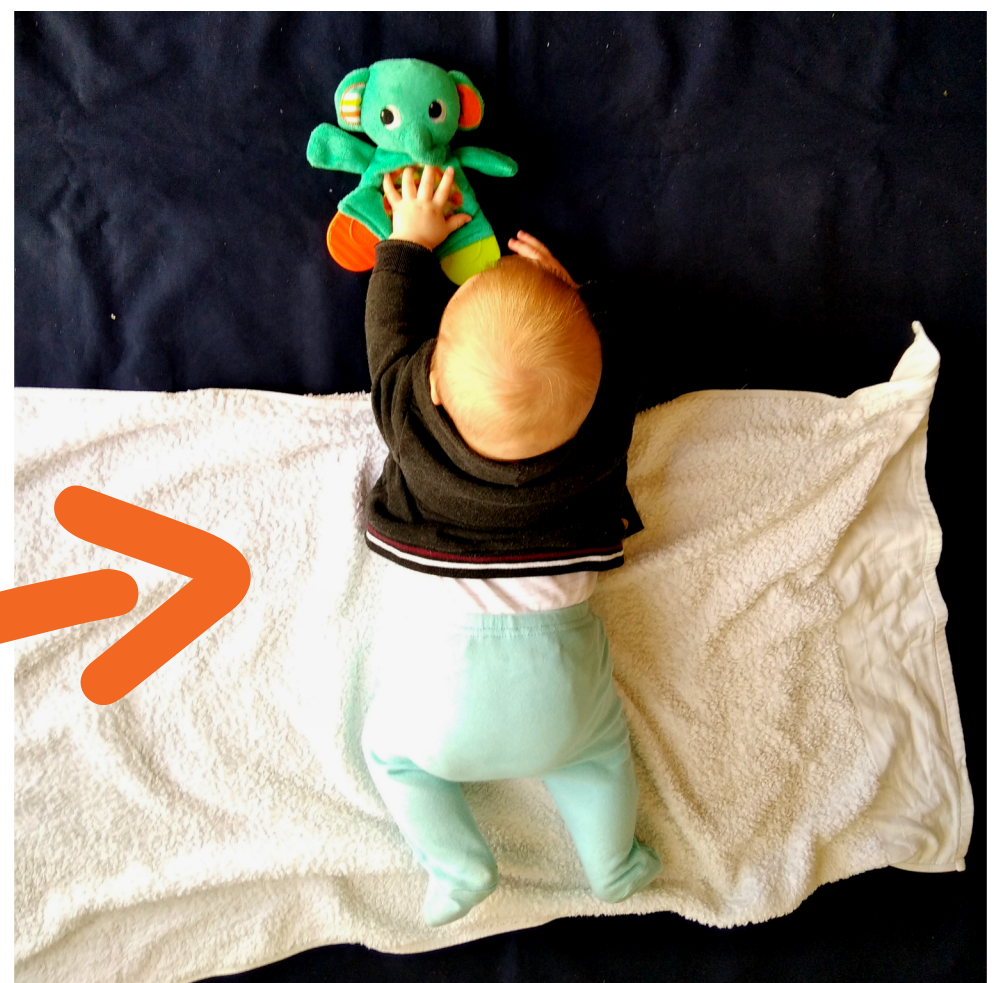
Bath towel
Toy of interest

Method:

For older babies

(8 months to toddler)

1. Position yourself and your towel on the floor as in step 1 above.
2. Fold the towel in half lengthways so that it is the length of your baby's tummy.
3. Smaller babies might need the towel to be rolled up.
4. Place your baby with their tummy lying on top of the towel, ensuring it is positioned under their armpits.
5. Slowly stand up to lift your baby just off of the ground.
6. Gently swing your baby back and forth and side to side as you sing or play music.



You can place toys that your baby enjoys to look at on the floor beneath and in front of them. Older babies might even try to grab their toys as you swing them back and forth!



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growing together



Baby Extra Activities



3. Leopard's Ride

You will need:

Nothing!

Method:

1. Seated on the ground on a soft surface with your legs straight in front of you, sit your baby on your lap facing you. Hold their hands for support.
2. If they are not yet sitting, support them around their waist or chest with your hands.
3. Sing our Leopard's ride song to the tune "Here we go round the Mulberry Bush" with associated actions:



Here we go on a slow road, a slow road, a slow road. Here we go on a slow road, riding on our Leopard" - gently bounce your knees.

"Here we go on a fast road, a fast road, a fast road. Here we go on a fast road, riding on our Leopard" - bounce knees more vigorously.

"Here we go a winding road, a winding road, a winding road. Here we go on a winding road, riding on our Leopard" - Lift knees and sway baby side to side.

"Here we go up the hill and down the hill and up the hill. Here we go up and down the hill, riding on our Leopard: - Lift knees up high and back down to the words.

Watch out for the pothole, the pothole, the pothole. Watch out for the pothole, riding on our Leopard" - gently bounce knees, separating them every now and again for baby's bottom to gently fall to the ground. Be sure to support them so they don't hit the ground hard.

