PARENT ACTIVITY
Activity Title: Reach for me!

Age Group: 3 - 6 months old

Objective(s): Infant should be able to:
1. Use hands to reach for an object on a mat. (soft toy, ball or rattle).
2. Attempt to roll over on his/her stomach in order to reach object.
3. Mimic words spoken by adult describing the object. (texture, size and colour).

Resources: mat, colourful ball, objects of different shapes and a rattle

Skills being developed: gross motor (stretching), fine motor (palmer grasp), visual (eye-hand coordination) and sensory (touching).

Activity:
1. Place infant on his/her back on a mat.
2. Dangle an object in front of the infant while moving it left or right.
3. Encourage him/her to roll over unto his/her stomach in order to reach the object.
4. Engage in a conversation with infant describing the object and asking questions. For example,
   do you see this toy? What colour is this? The ball is round! The toy is green!
5. Allow the infant to respond to the description of the object.
6. Praise infant for his/her attempts to reach for the object and rolling stomach.

Follow Up: Repeat steps 1 – 5, as the child grows increase the distance the infant and the object.

N.B: Please ensure proper hand washing techniques are followed before and after activities.
# PARENT ACTIVITY

**Title:** Happy Talk

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<th>Age Group: 0 - 6 months old</th>
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**Objective(s): Infant should be able to:**
1. Try to communicate with adult (cooing, gurgles)
2. Imitate different faces made by an adult (happy, sad etc.)
3. Use hands to touch parts of the face assisted by an adult.

**Resources:** none

**Skills being developed:** Communication (listening and speaking)

**Activities:**
1. Communicate with the infant using questions and descriptions. For example;
   - What is this, is this your nose? Etc.
2. Encourage infant to communicate using gurgles and coos.
3. Assist infant to touch his/her nose, eyes or mouth, while naming them.
4. Praise infant for paying attention during the activity.

**Follow-Up:** Repeat Steps 1 - 4.

N.B please ensure proper hand washing techniques are followed before and after activities.
# PARENT ACTIVITY

**Activity Title:** Baby Shaker

## Age Group: 8-11 months old

## Objective(s): Infant should be able to:

1. Respond to different songs/ nursery rhymes being sung or played. (cry, smile, laugh etc).
2. Attempt to sing or say nursery rhyme with parent assistance. (coos, babbles, gurgles).
3. Mimic actions done by adult that coordinates with the nursery rhyme.

## Resources: audio device with nursery rhyme (use YouTube or other search engines)

## Skills being developed: gross motor (stretching, rolling, standing etc.) listening, speaking and memory.

## Activities:

1. Place baby on the bed or on the floor.
2. Play your favourite action nursery rhyme (e.g. itsy bitsy spider, head shoulder knees and toes, five little ducks etc.)
3. Sing/say the nursery rhyme for your infant then repeat.
4. Encourage your infant to sing/say the nursery rhyme with you.
5. Demonstrate the actions that go with the nursery rhyme.
6. Prompt your infant to do the actions with you by naming the action being done. For example, “lift your hands! Touch your toes! Move your shoulders up and down.”
7. Praise the infant for his or her efforts to sing and do the actions.

## Follow-Up: You can use different nursery rhymes or baby action songs to do this activity. Repeat this for 5-10 minutes twice daily.
# PARENT ACTIVITY

**Activity Title:** Sit-n-Splash

## Age Group:
6-9 months

## Objective(s): Infant should be able to:

1. Splash a toy in the bath tub.
2. Express emotions while splashing a toy in water.
3. Sit upright in a bathtub.

## Resources:
Bathtub with water, water toys (rubber duck, frog, squeaky book).

## Skills being developed:
Muscle strength, general physical dexterity

## Activities:

1. Place infant in a sitting position in a bath tub.
2. Place water toys in the tub, splash the toy in the water to get infant’s attention.
3. Observe facial expressions made by the infant and respond with kind words/comment. (e.g. You like that? Splash! Splash!).
4. Guide their hand and get them to splash a toy in water.
5. Praise the infant for efforts made to splash the toy in the water. (You did it! Awesome)
6. Allow the infant to splash the toy on their own.
7. Commend the infant for his/her actions in splashing the toy, provide support where necessary.

## Follow-Up:
Repeat 1-5. Add colour and tear free soap to the water. You can play or sing nursery rhymes during this time.
N.B: Please ensure proper hand washing techniques are followed before and after activities.