



Baby Fun

Week 1

30 March – 3 April

8 Activities



Sensory / Motor Activities

We have put some activities together for our little ones (with the help of google, pinterest and Julie).

Should you not have an accessory that's used in our activities, please use an alternative accessory. There's something for everyone.

Babies learn through experiences and they learn through exposure. We want to give our babies all of that, plus the sun, moon, and stars. A great way to introduce new experiences and give them exposure to different concepts, sensations, and items.

Sensory activities have so many benefits for babies. Not only are babies exploring their 5 senses, but they are also learning to explore and exercising their creativity! We aren't trying to teach or drill information into our babies. Everything is learning to a baby. These activities are meant to give EXPERIENCES AND EXPOSURE – all in the name of building background knowledge for them to draw off of later and help those neurons and pathways develop. Enjoy these activities with your baby (but remember, always use best judgement, supervision, and safety precautions with your baby).

1) Pompom Whisk

You'll need:

- Whisk
- Pompoms



Place some pom-poms in a whisk and have baby pull them out. Never leave baby alone with small objects!

2) Tummy Painting

You'll need:

- Zip-lock bag
- Paint
- Paper



Place some paint on a paper inside a zip-lock bag. Have the baby lay on his tummy and move over the paint in the bag.

3) Balls on top.

You'll need:

- Toilet rolls
- Plastic balls



Balance small plastic balls on empty toilet rolls.

4) Feed the Monsters

You'll need:

- Tin foil balls
- 5L water bottle



Feed the monsters with tin foil balls. Make the monsters out of 5L water bottles. Never leave babies alone while playing.

5) Pull Me

You'll need:

- Blanket



Pull baby on an old blanket or sheet.

6) Jelly dig

You'll need:

- Jelly
- Toys



Make some Jelly in a flat container, add some clean toys and let baby have some fun digging in the Jelly. Red might stain! Avoid using small toys, they can cause choking.

7) Sensory Bags

You'll need:

- Zip-lock Bags
- Hair gel
- Small objects (no sharp things)
- You can add anything you like to your sensory bags and your baby will love exploring them.

Spoon in a bit of hair gel into the Zip-lock bags. Then add a few exciting objects to the sensory bag. Wipe away any hair gel from the bag. Make sure the bag is properly sealed and that there are no weak spots/leaking. Use food colouring to add a bit of colour to the hair gel.



8) Mirror Mirror

You'll need:

- Mirror



Starting around 6 months, a baby begins to recognize themselves in the mirror and can begin to learn more about what they can do. Your baby is also beginning to put language and vocabulary together. And a mirror is crucial to this process. Find below a few activities in front of the mirror.

➤ Clap your hands

This sounds so simple, but babies love to see this. And with babies, when you demonstrate a motion long enough, they will start to do it themselves. Simply clap our hands three times while saying, “Clap, clap, clap” and then take their hands to help make a clapping motion and say, “Clap, clap, clap.” Eventually, your baby will be able to do it without help, but will still love to stand or sit in front of the mirror and see her hands clap together.

➤ Sing songs with motions

Some favourite songs to sing in front of the mirror are “Row, Row, Row your Boat” (do rowing motions for the rowing part and swaying motions for the “merrily” part) and “If You’re Happy and You Know it” and “Head, Shoulders, Knees, and Toes.”

➤ Talk about body parts

This is where vocabulary is built. Take time to point out all the parts of the body to your baby. Show them on themselves and on yourself. Do this by simply pointing to the body part (nose) and saying, “Baby’s nose, Mama’s nose, Dada’s nose.”

➤ Stick out your tongue

Never underestimate the power of the humour in a good tongue-sticking out session. This is simple, but they will love it and will start to mimic you very quickly!