

Developmental Activities (0-3 months)

FINE MOTOR ACTIVITIES

- Provide toys that make sounds for your baby to start reaching towards.
- Place toys/rattles in hands and encourage touch.
- To support visual tracking and attention, hold your baby's favorite toy 8-12 inches away from them before giving it to them.
- Hang toys or mirror in their crib to stimulate eye contact.
- Use black and white patterned objects and toys to stimulate their eyes, move up, down and sideways



GROSS MOTOR ACTIVITIES

- Position your baby tummy down on your chest and encourage them to lift their head up for face-to-face interaction and to strengthen their neck and core muscles. You can also use a C-shaped nursing pillow or a rolled towel under their arms to help prop them up.
- Change the direction your baby lies when placing them down on their back to help strengthen their neck by turning different directions to look at you.
- Prop your baby on their side against your leg or a rolled blanket to support their back. Place toys in front and allow them to reach and bring their hands together to play with the toy. Make sure to switch sides.
- When your baby is on their side, capture their attention with a rattle, a high contrast picture or other toy and see if they can track the object and roll on to their back.

