

Developmental Activities (3-6 months)

FINE MOTOR ACTIVITIES

- Place rattles/toys in front of your baby, encouraging them to reach out to toy.
- Shake rattles to demonstrate then have your baby shake a rattle by themselves.
- Place toys at different distances and in different positions so baby's eyes and hands search for objects.
- Move your baby from room to room for varied visual experiences.
- Use toys with sounds to get your baby's attention.
- Before feeding, have baby follow the bottle with their eyes up and down, or side to side.



GROSS MOTOR ACTIVITIES

- Place your baby on their back and hang mobiles and other toys above them to give them a chance to kick with their legs.
- During tummy time, place toys around your baby to encourage them to look and reach for the toys in all directions.
- Place toys on the side of your baby and encourage them to roll to the toy. You may help them get started or finish rolling.
- Encourage your baby to transfer a toy from one hand to the other.
- Place them in a sitting position with their back against your belly and between your legs, supporting their hips and body as needed. Allow them to sit with their hands on the floor in front of them to help them balance.