

baby bubble

Baby Spa & Swim Gym ®

STIMULATE • NURTURE • BOND



WWW.BABYBUBBLE.CO.ZA

**DEVELOPED BY
MELISSA PRETORIUS**

BOccTher (UP,2011),
Qualification in Sensory Integration (SAISI, 2016)
Masters Degree in Sensory Integration (UP, 2018)

**ADAPTED BY
MANDY MITCHELL**

BOccTher (UP,2016)

FOREWORD

Activities are chosen to cover all areas of development including sensory, physical, cognitive, and social-emotional and speech and language.

It is in the author's hope that this program encourages parents and caregivers to enjoy the special bond they have with their babies and create awareness of how important it is to stimulate one's child in the correct manner.

GLOSSARY

Tactile stimulation: Stimulation received through touch.

Olfactory stimulation: Stimulation involving smell.

Vestibular stimulation: Stimulation received through movement.

Proprioception: Stimulation received through deep pressure or massage on the body of the baby. Proprioception is an indication of where the body of the baby is in space.

Supine: When the baby is positioned on his back.

Prone: When the baby is positioned on his stomach.

Weight bearing: Usually in a standing position, with or without help. The baby receives pressure through feet.



OVERVIEW OF NORMAL DEVELOPMENT BIRTH TO 1 YEAR

From helpless newborn to active toddler: It takes just 12 short months for your baby to undergo this incredible transformation. Babies grow and change at an astounding pace, and every month brings new and exciting developments.

New moms and dads often wonder what to expect next and how to know if their baby's development is on target. Instead of focusing too much on developmental milestones, however, it's important to remember that babies all develop at their own pace. There's a fairly wide "window" for when it is normal for a baby to reach a particular developmental stage.

"If your baby reaches one milestone sooner, she may reach another one later, because she's so busy perfecting the other skill." Some babies may say their first word at eight months, while others don't talk until a little after the one-year mark. And walking may start anytime between nine and 18 months.

Keeping those kinds of variations in mind, here's what your baby may be doing during each three-month stage of the first year.

Baby Development: One to Three Months

During this first development stage, babies' bodies and brains are learning to live in the outside world. Between birth and three months, your baby may start to:

- Smile. Early on, it will be just to herself. But within three months, she'll be smiling in response to your smiles and trying to get you to smile back at her.
- Raise her head and chest when on her tummy.
- Track objects with her eyes and gradually decrease eye crossing.
- Open and shut her hands and bring hands to her mouth.
- Grip objects in her hands.
- Take swipes at or reach for dangling objects, though she usually won't be able to get them yet.

Baby Development: Four to Six Months

During these months, babies are really learning to reach out and manipulate the world around them. They're mastering the use of those amazing tools, their hands. And they're discovering their voices. From 4 to 6 months old, your baby will probably:

- Roll over from front to back or back to front. Front-to-back usually comes first.
- Babble, making sounds that can sound like real language.
- Laugh.
- Reach out for and grab objects (watch out for your hair), and manipulate toys and other objects with her hands.
- Sit up with support and have great head control.

Baby Development: Seven to Nine Months

During the second half of this year, your little one becomes a baby on the go. After learning that he can get somewhere by rolling over, he'll spend the next few months figuring out how to move forward or backward. If you haven't baby-proofed yet, better get on it!

- During this time period, your baby may:
- Start to crawl. This can include scooting (propelling around on his bottom) or “army crawling” (dragging himself on his tummy by arms and legs), as well as standard crawling on hands and knees. Some babies never crawl, moving directly to from scooting to walking.
- Sit without support.
- Respond to familiar words like his name. He may also respond to “No” by briefly stopping and looking at you, and may start babbling “Mama” and “Dada.”
- Clap and play games such as patty-cake and peekaboo.
- Learn to pull up to a standing position.

Baby Development: 10 to 12 Months

The last development stage in baby's first year is quite a transition. She isn't an infant anymore, and she might look and act more like a toddler. But she's still a baby in many ways. She's learning to:

- Begin feeding herself. Babies at this developmental stage master the “pincer grasp”- meaning they can hold small objects such as O-shaped cereal between their thumb and forefinger.
- Cruise, or move around the room on her feet while holding onto the furniture.
- Say one or two words, and “Mama” and “Dada” become specific name for parents. The average is about three spoken words by the first birthday, but the range on this is enormous.
- Point at objects she wants in order to get your attention.
- Begin “pretend play” by copying you or using objects correctly, such as pretending to talk on the phone.
- Take her first steps. This usually happens right around one year, but it can vary greatly.

Your Baby's Development: When to talk to a Pediatrician/Occupational Therapist

What should you do if you think your baby is not meeting growth or developmental milestones, when he should? First, trust your instincts. “If you really feel like something's wrong, then talk to your doctor about it because if there is a problem, we want to catch it as soon as we can.” “Early intervention is best, and you know your child better than anyone.”

Remember, however, that it is not exactly when your baby sits up by himself or says his first words that is important; it's that he's moving forward in his development. “Don't look at the time as much as the progression, and see that your child is changing and growing.”

STIMULATION BIRTH TO 3 MONTHS

Week 1

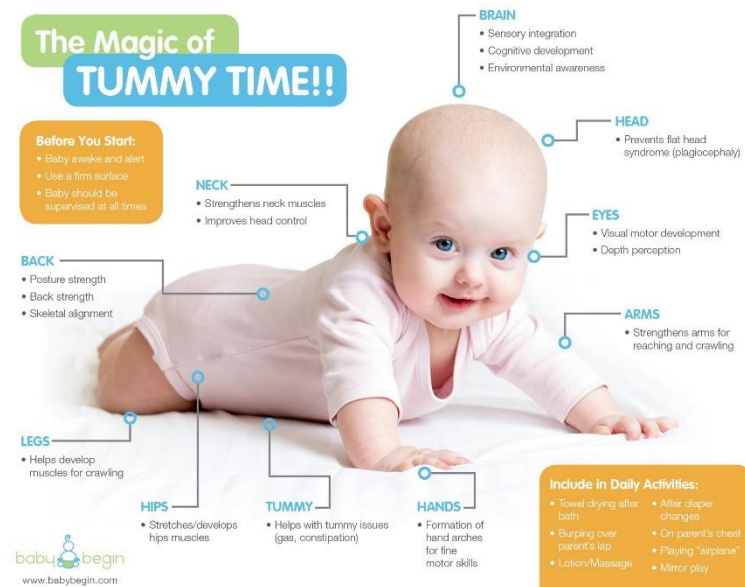
- Permission from baby to start (Check regulation states)
- Music and movement (lift up, dance 2 step, arms up and down, rock slowly)

Activities:

1. Tummy time (use rolled up towel if need be for younger babies). Let babies face their moms/dads. Parents can lie on their tummies too and use their facial expressions and voices to attract baby's attention
2. Alternative: Tummy time on mom/dads chest (if baby is fussy)
3. Introduce mirror (give time to explore facial expressions)
4. Turn babies to look at other babies or people (give time to explore environment)

Skills addressed:

- Tummy time
- Head/neck control
- Upper limb strength and control
- Auditory stimulation
- Visual stimulation and tracking
- Socialisation
- Vestibular (movement) stimulation
- Early language and communication skills



What is needed:

- Towels
- Rattles
- Mirrors

Other activities to be done:

- Tummy time with his/her favourite toys
- Visual tracking with rattle

Week 2

- Permission from baby to start (Check regulation states)
- Music and movement (lift up, dance 2 step, arms up and down, rock slowly, bicycles)

Activities:

1. Tube talk: Parents to use a toilet roll/tinfoil roll and talk to their baby – make different sounds to see reactions on baby's face. Try to encourage head and neck movement. This can be done first on the baby's back and then let the baby rolled over on tummy

2. Common scents: Stimulate baby with various scents (i.e. orange pieces, vanilla essence, coffee, flowers, soap etc.) Introduce one at a time and slowly. Look out for over-stimulation. Tell the baby what each smell is.

Skills addressed:

- Tummy time
- Head/neck control
- Upper limb strength and control
- Rolling initiation
- Auditory stimulation
- Socialisation
- Olfactory (smell) stimulation
- Early language and communication skills



What is needed:

- Towels
- Toilet rolls/tinfoil rolls
- Different scents

Other activities to be done:

- Tummy time
- Auditory stimulation (different voices, pitches, distances away)
- Explore with different scents at home

Week 3

- Permission from baby to start (Check regulation states)
- Music and movement (lift up, dance 2 step, arms up and down, rock slowly, bicycles)

Activities:

1. Finger puppet play: Parents to use a finger puppet to talk to their babies – make different sounds to see reactions on baby's face. Try to encourage head and neck movement. This can be done first on the baby's back and then let the baby rolled over on tummy. Let parents rotate finger puppets for more variety.
2. Sing songs
3. Tickle
4. Peek-a-boo



Skills addressed:

- Tummy time
- Head/neck control
- Upper limb strength and control
- Rolling initiation
- Auditory stimulation
- Visual stimulation and tracking
- Socialisation
- Vestibular stimulation (movement)
- Tactile (touch and holding)
- Early language and communication skills
- Bonding



What is needed:

- Towels
- Finger puppets

Other activities to be done:

- Tummy time
- Rolling practice (side lying)
- Visual stimulation with puppet in different positions

Week 4

- Permission from baby to start (Check regulation states)
- Music and movement (lift up, dance 2 step, arms up and down, rock slowly, bicycles)

Activities:

1. Sensory box: Your baby wants to experience everything up close and personal, and he/she does that through all five senses, particularly touch. Encourage his/her curiosity and tactile talents with this soothing touch-fest. Have a sensory box ready where you can introduce your baby to silk scarves, velvet, felt, bumpy balls, brushes, combs, cotton wool, feather boa, sponges etc.

*Babies can be placed in any position (tummy, back, supported sitting on parent's lap, on the stomach over parent's knee, supported sitting against pillow, side-lying (also helps with rolling))

2. Therapy ball play: The previous activity can often be overstimulated or overwhelming, especially for a baby that is slightly tactile defensive (sensitivity to touch). The following activities (movement and deep pressure will help to calm the baby again): Sway baby gentle on ball on his/her stomach, push firmly on back to bounce slightly, let baby lie on floor on his/her back and roll the ball over the baby's body.

**Parents can place the baby on their laps, on his/her back and stomach, to sway if they don't have a therapy ball*

What is needed:

- Towels
- Sensory box
- Small therapy balls

Skills addressed:

- Tummy time
- Head/neck control
- Upper limb strength and control
- Rolling initiation
- Tactile stimulation
- Visual stimulation and tracking
- Socialisation
- Vestibular stimulation (movement)
- Proprioception (deep pressure/massage)
- Early language and communication skills
- Bonding

Other activities to be done:

- Sensory exploration with home activities
- (various textures and materials)
- Rolling practice (side lying)
- Different positions (as above)

Week 5

- Permission from baby to start (Check regulation states)
- Music and movement (lift up, dance 2 step, arms up and down, rock slowly, bicycles)

Activities:

1. Flower Power: *With each passing day, your baby is becoming more aware of the world around him/her, and with awareness comes curiosity. One way he/she attunes himself/herself to her surroundings is through his/her nose – that sharp sense of smell babies are born with. Have a variety of freshly pluck flowers, leaves, shoots, grass, soil, sand for babies to smell (olfactory stimulation). Explain to the baby what smell it is*
2. Further exploration can be done with pressed flowers/leaves in laminated sleeves (visual stimulation)

**Babies can be placed in any position (tummy, back, supported sitting on parent's lap, on his/her stomach over parent's knee, supported sitting against pillow, side-lying (also helps with rolling))*

Skills addressed:

- Tummy time
- Head/neck control
- Upper limb strength and control
- Rolling initiation
- Olfactory (smell) stimulation
- Visual stimulation and tracking
- Socialisation
- Vestibular stimulation (movement)
- Early language and communication skills
- Bonding



What is needed:

- Towels
- Freshly picked flowers
- Pressed flowers (in laminated sheets)
- Music and sound system



Other activities to be done:

- Olfactory stimulation – take your child for a walk in a park/garden.
- Make above mentioned mobile and use it. If flowers cannot be used, use various colours

Week 6

- Permission from baby to start (Check regulation states)
- Music and movement (lift up, dance 2 step, arms up and down, rock slowly, bicycles)

Activities:

1. *Easy sledding: Crawling is many months away, but playing movement games can ready your little one for forward motion. Remember the fun of sliding down a grassy hillside on a sheet of cardboard? You can use a towel or blanket or box to give your newborn the same sense of freedom of movement.*

**Baby can lie on tummy, back or supported sitting in box*

2. Encourage socialisation with other babies or children.
3. Encourage further exploration with sensory box in week 4, introduce sensory materials at home.

Skills addressed:

- Tummy time
- Head/neck control
- Upper limb strength and control
- Visual stimulation and tracking
- Socialisation
- Vestibular stimulation (movement)
- Early language and communication skills
- Bonding



What is needed:

- Towels/blankets
- Boxes

Other activities to be done:

- Experiment with different movement at home, like swing baby in a blanket or towel at home.
- Encourage visual activities and smell activities as mentioned in previous weeks

Week 7

- Permission from baby to start (Check regulation states)
- Music and movement (lift up, dance 2 step, arms up and down, rock slowly, bicycles)

Activities:

1. Sounds play: Gather a bunch of things you can make noise with, such as a piece of crinkly wrapping paper, a squeeze toy, bell, or a waxed-paper bag. Sit or lie next to your baby and demonstrate each sound, varying the order so it's always surprising. Then put the noisemakers in his hand and help him make the sounds himself.
2. Different Drums: Parents sit with their babies in supported sitting. Using the empty containers as drums, show your baby how to tap their lids with your palms, fingers, and the heel of your hand. You can use wooden spoons or chopsticks (with caution) if you want.

Skills addressed:

- Tummy time
- Head/neck control
- Upper limb strength and control
- Auditory stimulation and attention
- Visual stimulation
- Socialisation
- Vestibular stimulation (movement)
- Early language and communication skills
- Bonding



What is needed:

- Box of different sounds
- Different tins/pots and pans/boxes etc.

Other activities to be done:

- Experiment with different sounds at home.
- Encourage rolling practice in side lying.
- Encourage visual stimulation with visual tracking.

Week 8

- Permission from baby to start (Check regulation states)
- Music and movement (lift up, dance 2 step, arms up and down, rock slowly, bicycles)

Activities:

**Parents need to dress their babies in swimming costumes for this week:*

1. Splish splash: Fill a small blow up pool with shallow water. Alternatively, small plastic containers/baths can be used for each baby. Parents hold their babies in supported sitting. Kicking and splashing is encouraged. Another person to blow bubbles.
2. Kicking balloons: tie 2 helium balloons to baby's feet and encourage kicking.



Skills addressed:

- Tummy time
- Head/neck control
- Lower limb strength and control
- Rolling initiation
- Auditory stimulation and attention
- Visual stimulation and tracking
- Socialisation
- Early language and communication skills
- Bonding

What is needed:

- Towels
- Blow up pool/containers
- Water
- Bubbles
- 2 Helium balloons



Other activities to be done:

- Experiment with lower limb exercises at home – kicking, weight bearing on feet, dancing, bouncing, bells on toes etc.
- Continue to experiment with various sounds and sound play.

Week 9

- Permission from baby to start (Check regulation states)
- Music and movement (lift up, dance 2 step, arms up and down, rock slowly, bicycles)

Activities:

1. Hoola hoop sensory play: Attach sensory objects around a hoola hoop and place it in the middle of the floor. Place babies around it on their tummies. Rotate the hoop every few minutes.



2. Making mobiles: using wire hoops and string, parents attach black and white geometric patterned paper (printed out). Baby lie on their back.



What is needed:

- Towels/blankets
- Sensory hoola hoop
- Wire rings
- String
- Paper clips
- Black and white patterned paper

Skills addressed:

- Tummy time
- Head/neck control
- Lower limb strength and control
- Rolling initiation
- Visual stimulation and tracking
- Socialisation
- Vestibular stimulation (movement)
- Early language and communication skills
- Bonding

Other activities to be done:

- Use rattle or toys at home for visual tracking
- Explore various visual mobiles at home

Week 10

- Permission from baby to start (Check regulation states)
- Music and movement (lift up, dance 2 step, arms up and down, rock slowly, bicycles)

Activities:

1. For the love of books exploration week: Have a selection of books ready for your baby (simple books with bright colours, textures, single objects, sounds etc.). Parents sit with their baby in their lap or lie on tummy (tummy time). Parents point at pictures and help their babies to touch, feel, press buttons etc. It is never too early to introduce books!!! Swop books every few minutes.



2. **Parent and child bonding is of the essence for bonding. Use physical touch (cuddle time, skin to skin contact, rocking and baby massage) to facilitate relationships between parents and children.**

What is needed:

- Blankets
- Selection of books

Skills addressed:

- Tummy time
- Head/neck control
- Auditory stimulation and attention
- Visual stimulation and tracking
- Socialisation
- Early language and communication skills
- Bonding
- Proprioception

Other activities to be done:

- Explore and expose baby to quiet 'reading' and book time at home. It will be a great foundation for language and reading skills.
- Read stories to your baby.
- Sing to your baby.

Week 11

- Permission from baby to start (Check regulation states)
- Music and movement (lift up, dance 2 step, arms up and down, rock slowly, bicycles)

Activities:

1. Therapy ball exploration (can be done on lap):

Supported sitting and bouncing

Prone (tummy time)

Swimming with arms and feet

Joint compression hands/wrists

Supported standing (joint compression feet)

Side-lying

Supported rolling

Supine (forwards/backwards/side to side)



*Music playing in the background

2. Common scents: Stimulate baby with various scents (i.e. orange pieces, vanilla essence, coffee, flowers, soap etc.) Introduce one at a time and slowly. Look out for over-stimulation. Tell the baby what each smell is.

Skills addressed:

- Tummy time
- Head/neck control
- Rolling initiation
- Socialisation
- Vestibular stimulation (movement)
- Proprioception
- Early language and communication skills
- Bonding
- Olfactory (smell) stimulation

Other activities to be done:

- Facilitate supported sitting at home for periods at a time determined by the baby.
- Sing and dance with your baby

What is needed:

- Small therapy balls
- Various scents

Week 12

- Permission from baby to start (Check regulation states)
- Music and movement (lift up, dance 2 step, arms up and down, rock slowly, bicycles)

Activities:

1. Experiment with lower limb exercises at home – kicking, weight bearing on feet, dancing, bouncing, bells on toes, balloons on feet etc. This can be done on the stomach or on the back.
2. Parents to experiment with various movements. Swing child in blanket, pull child in box, through in the air, swing baby, rock baby, bounce on a ball etc.

Skills addressed:

- Vestibular stimulation (movement)
- Early language and communication skills
- Bonding
- LL strengthening
- Tummy time



What is needed:

- Bells, balloons
- Therapy ball
- Box
- Blanket

Other activities to be done:

- Read to your baby and explore with coloured and textured books.
- Use sensory hoola hoop made and explore with different textures.
- Play peek-a-boo and tickle baby.

STIMULATION 4 - 6 MONTHS

Week 1

- Permission from baby to start (Check regulation states)
- Music and movement (lift up, dance 2 step, arms up and down, rock slowly, bicycles)

Activities:

1. Bubbles: Parents blows bubbles to the baby. Babies can be on stomach, supported sitting, sitting, and supported standing. Parents to encourage their children to reach to 'pop' the bubbles. Both hands to the child's midline can also be facilitated (almost like clapping)

2. Spaghetti surprise: Babies are placed in a blown up pool or container full of spaghetti (coloured) to explore. Parents can hold babies in supported sitting if need be. Body parts can be



explored by placing spaghetti on

toes/legs/tummy/hands etc.

Skills addressed:

- Tummy time
- Head/neck control
- Sitting strengthening
- Reach/grasp/hands to midline
- Visual stimulation
- Tactile stimulation
- Socialisation
- Vestibular stimulation (movement)
- Early language and communication skills
- Bonding



What is needed:

- Towels
- Blow up pool/ plastic container
- Bubbles
- Coloured spaghetti

Other activities to be done:

- Start introducing body part concepts in bath time, play, dressing, massage etc.
- Help baby with supported sitting and standing.

Week 2

- Permission from baby to start (Check regulation states)
- Music and movement (lift up, dance 2 step, arms up and down, rock slowly, bicycles)

Activities:

1. Top Hat: Nothing cracks a baby up like the sight of you wearing a tea cozy on your head. A cardboard box, a plastic bowl, a pair of shorts or leggings, or a crown can also do the trick. Parents are encouraged to show humour to their babies. After this, sit the baby in front of a mirror and put the silly hats on his/her head.

2. Facial expressions: Parents to elicit different facial expressions in a mirror or face to face with their baby. Happy, smiling, sad, squint eyes, surprised, peek-a-boo etc. Give time for baby to react to each expression.



What is needed:

- Box of toppers: old hats, leggings, bandanas, sunglasses, pots, bowls, crown...
- Mirrors



Skills addressed:

- Sitting strengthening
- Visual stimulation
- Socialisation
- Vestibular stimulation (movement)
- Early language and communication skills
- Bonding

Other activities to be done:

- Introduce more mirror play at home. Be silly with your child to encourage laughter and 1-to-1 interaction. This is the basis of communication skills.
- Play peek-a-boo
- Facilitate sensory play with instant pudding. Place toys in the instant pudding and facilitate exploration play.

Week 3

- Permission from baby to start (Check regulation states)
- Music and movement (lift up, dance 2 step, arms up and down, rock slowly, bicycles)

Activities:

1. Where's My Toy: As the baby begins to wrap her head around what experts call "**object permanence**" (just because he/she can't see something anymore doesn't mean it's not there), parents can have fun by playing a simple hiding game. Each child gets a small toy (ball, rattle, squishy toy) – parents hide it in a tissue box and encourage baby to find it. This can be repeated a few times.

2. Container play: Using the same tissue box, parents pour in counters, coins, marbles... encourage baby to pack and unpack.

What is needed:

- Old tissue boxes
- Small toys
- Counters/coins/marbles



Skills addressed:

- Sitting strengthening
- Reach/grasp/hands to midline
- Visual stimulation
- Tactile stimulation
- Socialisation
- Vestibular stimulation (movement)
- Early language and communication skills
- Bonding
- Object permanence
- Humour

Other activities to be done:

- Encourage container play (packing and unpacking)
- Hide toys and encourage baby to find them.

Week 4

- Permission from baby to start (Check regulation states)
- Music and movement (lift up, dance 2 step, arms up and down, rock slowly, bicycles)

Activities:

1. Tower building: Using different blocks (plastic, wooden, toilet rolls, medicine boxes, stacking cups) – build your child a tower and encourage them to knock it down. Explore with different sized blocks for tactile and auditory input (for when they crash). Encourage grasp and reach and help your baby to re-build the tower. Encourage baby to hold a block in both hands and clap them together.



2. Bubble Bottle: Fill a large, clear plastic bottle, three-quarters full of vegetable oil. Fill the rest of the bottle almost to the top with water. Add ten to 12 drops of food coloring. Then break the Alka-Seltzer into small pieces and drop one into the bottle. Put the cap on and watch it start bubbling! When it stops, you can add more Alka-Seltzer to start the bubbling all over again.

What is needed:

- Different blocks
- Oil
- Plastic bottles
- Water
- Food colouring
- Alka-Seltzer tablets



Skills addressed:

- Sitting strengthening
- Reach/grasp/hands to midline
- Visual stimulation
- Tactile stimulation
- Socialisation
- Vestibular stimulation (movement)
- Proprioception (deep pressure/massage)
- Early language and communication skills
- Bonding
- Cause and effect

Other activities to be done:

- Read to your baby. Continue to experiment with different books.
- If possible surround your baby with other babies the same age or other children- almost like a play date, to facilitate socialisation.

Week 5

- Permission from baby to start (Check regulation states)
- Music and movement (lift up, dance 2 step, arms up and down, rock slowly, bicycles)

Activities:

1. Humpty Dumpty had a great fall (and other nursery rhymes): Parent's lie on their backs with knees raised. Seat baby on your tummy facing you, leaning back against your knees. Steadying her with your hands, sway from side to side. Start reciting the nursery rhyme "Humpty Dumpty sat on a wall, Humpty Dumpty had a great..." and on the word "fall," tip your knees so that your baby slides a little to the side. Or, let her "fall" all the way to the ground while you support her and protect her head with your hands. Finish saying the rest of the rhyme curled up on the floor or grass with your baby, ending with a quick tickle when you get to the phrase



"together again." Then help her/him get situated on your tummy again for another go-round.

Other rhymes: Row, row, row your boat, Old McDonald had a farm, The wheels on the bus go round and round, Baa Baa Black sheep.

2. For the love of Veg 😊: Place a container of frozen vegetables in the middle of the room. Encourage sensory exploration with hands and allow baby to take to his mouth. *Make sure it is not TOO frozen (must have thawed for a few minutes)

What is needed:

- Frozen veg
- Container
- Mazina
- Blanket
- Box

Skills addressed:

- Sitting strengthening
- Reach/grasp/hands to midline
- Visual stimulation
- Tactile stimulation
- Socialisation
- Vestibular stimulation (movement)
- Early language and communication skills
- Bonding
- Cause and effect

Other activities to be done:

- Let the baby play with mazina. Use original texture and add water. Let baby explore with texture. Place toys in mazina.
- Explore with various movement activities, swaying in a blanket, pulling in a box, throwing, bouncing on a ball etc.



Week 6

- Permission from baby to start (Check regulation states)
- Music and movement (lift up, dance 2 step, arms up and down, rock slowly, bicycles)

Activities:

1. Musical instruments: introduce 1 musical instrument to the baby at a time (triangle, shaker, flute, drum, tambourine etc.) –Tell the baby what instrument it is and show him/her how it works. Give the baby an opportunity to play with each instrument. Be cautious not to



overstimulate baby.

2. Plate play: Make the following instrument. Add a mixture of seeds/beans or bells between 2 paper plates. Use masking tape or a stapler to join the 2 plates together. Encourage child to grasp and shake plate to make a sound. Decorate plate with various colours.

What is needed:

- Musical instruments (variety)
- Paper plates
- Masking tape
- Beans/seeds/bells

Skills addressed:

- Sitting strengthening
- Reach/grasp/hands to midline
- Visual stimulation
- Auditory stimulation
- Socialisation
- Vestibular stimulation (movement)
- Early language and communication skills
- Bonding
- Cause and effect



Other activities to be done:

- Experiment with different DIY options: toilet rolls, silver foil cups, plastic bottles with stones, formula tins etc.
- Play age appropriate music to the baby. Facilitate playfulness and singing.

Week 7

- Permission from baby to start (Check regulation states)
- Music and movement (lift up, dance 2 step, arms up and down, rock slowly, bicycles)

Activities:

1. Box with ribbons: Different sized boxes can be found at a Pick 'n Pay/Checkers. Place them on their sides around the room. Add strips of different coloured ribbon to the boxes to form a 'curtain'.

Encourage baby to sit or lie (if not sitting yet) in the boxes and play with the ribbons. Different textured



ribbons/material can also be implemented. Encourage peek-a-boo play as well as socialisation amongst the other babies if possible.

2. Elastic fine motor play: Place coloured elastics over a few bread/cake tins. Encourage babies to pick at the elastics OR stroke them to make different sounds.

What is needed:

- Different sized boxes
- Ribbons/material strips
- Cake/bread tins with elastics
- Materials for sensory fort

Skills addressed:

- Sitting strengthening
- Reach/grasp/hands to midline
- Visual stimulation
- Tactile stimulation
- Socialisation
- Vestibular stimulation (movement)
- Cause and effect
- Bonding

Other activities to be done:

- Create a sensory fort for your little one with various colours, textures, materials, sounds, lights etc. See the picture on the left. Pinterest also has good ideas.
- Encourage baby to play in sensory fort. Explain what each object in the sensory fort is, how it feels and what the use is if any. Hide toys and encourage baby to find the toys.



Week 8

- Permission from baby to start (Check regulation states)
- Music and movement (lift up, dance 2 step, arms up and down, rock slowly, bicycles)

Activities:

1. Therapy ball exploration:
 - Supported sitting and bouncing
 - Prone (tummy time)
 - Swimming with arms and feet
 - Joint compression hands/wrists
 - Supported standing (joint compression feet)
 - Side-lying
 - Supported rolling
 - Supine (forwards/backwards/side to side)

Link to visual clip:

<https://www.youtube.com/watch?v=ZAlayAwSpuY>



2. Ball play: Babies to explore with different sized/textured balls. Encourage grasp and release, reach, crossing of midline (middle of the body), creeping on tummy.

What is needed:

- Therapy balls
- Different sized/textured balls

Skills addressed:

- Sitting strengthening
- Reach/grasp/hands to midline
- Visual stimulation
- Tactile stimulation
- Socialisation
- Vestibular stimulation (movement)
- Proprioception (deep pressure/massage)
- Early language and communication skills
- Bonding
- Cause and effect

Other activities to be done:

- Sing songs or play games where the baby need to clap his/her hands.
- Sensory play: use a container filled with different colours of rice. Let the baby play in the rice. Place toys in the rice. Cover his/her body with rice.



Week 9

- Permission from baby to start (Check regulation states)
- Music and movement (lift up, dance 2 step, arms up and down, rock slowly, bicycles)

Activities:

1. Rice cereal food painting exploration: Cover the floor by using newspaper or a large roll of white paper. Mix up rice cereal and colour using different food colourants. Encourage the babies to touch, taste, finger paint etc.

**It may be easier if the baby is only in nappies for this activities, otherwise use older clothes.*

2. Added textures and materials: Slowly add different elements to the above activity: fruit loops, flour, corn-flakes, sponges, baby paintbrushes, water etc.

What is needed:

- Towel
- Rice cereal
- Food colouring
- Paper
- Fruit loops, corn flakes, sponges, brushes, flour etc.
- Newspaper

Skills addressed:

- Sitting strengthening
- Reach/hands to midline
- Visual stimulation
- Tactile stimulation
- Socialisation
- Vestibular stimulation (movement)
- Cause and effect

Other activities to be done:

- Blow bubbles at your baby en let baby clap bubbles in supported sitting.
- Let baby build towers with different objects as in week 4.



Week 10

- Permission from baby to start (Check regulation states)
- Music and movement (lift up, dance 2 step, arms up and down, rock slowly, bicycles)

Activities:

1. Jelly play: Make a plastic ice-cream containers of jelly. Before the jelly has set, add a few cookie cutters or plastic animals to the liquid. Encourage the children to dig into the jelly to grab the objects.



Encourage as much messiness and tasting as possible.

2. Rub-a-dub-dub: Baby can sit in OR out of the water. Encourage them to clean off the plastic animals or cookie cutters from the previous activity. Encourage tasting, splashing etc. Parents can use straws and jugs to demonstrate pouring and blowing/sucking.

What is needed:

- Towels
- Jelly in containers
- Plastic animals/cookie cutters
- Water in blow up pool
- Straws and jugs



Skills addressed:

- Sitting strengthening
- Reach/grasp/hands to midline
- Visual stimulation
- Tactile stimulation
- Socialisation
- Early language and communication skills
- Bonding
- Cause and effect
- Imitation skills

Other activities to be done:

- Experiment more with water during bath time. Blowing, sucking, making bubbles, pouring, squeezing sponges, foam etc.
- Dance and sing with your baby.

Week 11

- Permission from baby to start (Check regulation states)
- Music and movement (lift up, dance 2 step, arms up and down, rock slowly, bicycles)

Activities:

1. Tummy time finger painting: Prepare paper/cardboard with blobs of paint on. This will be put inside a large Ziploc bag and taped to the floor. Babies will be encouraged to lie on their tummies and start spreading the paint with their fingers/hands to create their first artwork.

2. Bubble wrap art: the same concept applies as above, only this time, bubble wrap is used instead of a Ziploc bag. Also, weight bearing (supported standing) on the feet is encouraged for this activity. Babies can be held in supported standing and encouraged to stomp. If the baby is unable to weight bear, the mom can sit him/her on her lap and perform partial weight bearing from the sitting position.



Skills addressed:

- Tummy time
- Reach/grasp/hands to midline
- LL weight bearing
- Visual stimulation
- Tactile stimulation
- Vestibular stimulation (movement)
- Cause and effect
- Imitation skills
- Bonding



What is needed:

- Towels/blankets
- Paper, paint, Ziploc bags, masking tape, bubble wrap



Other activities to be done:

- Create more artwork and hang it up in baby's room for visual stimulation.
- Babies to look and touch mobiles (picture on the left). See Pinterest for ideas.

Week 12

- Permission from baby to start (Check regulation states)
- Music and movement (lift up, dance 2 step, arms up and down, rock slowly, bicycles)

Activities:

1. "I'm a little fishy": Baby is placed in towels/blankets and swung in different directions.

**Song: "I'm a little fishy, swimming in the sea, here comes a big wave... 1, 2, 3!!! Start off slow and on the count of 3, speed up the swinging.*

Different movements include: side-to-side, forwards and backwards, up and down (bounce), rotational, wiggly movements.



2. For the love of books exploration week: Have a selection of books ready (simple books with bright colours, textures, single objects, sounds etc.). Parents sit with their baby in their lap or lie on the tummy. Parents point at pictures and help their babies to touch, feel, press buttons etc.

What is needed:

- Towels/blankets
- Various books



Skills addressed:

- Sitting strengthening
- Reach/grasp/hands to midline
- Visual stimulation
- Socialisation
- Vestibular stimulation (movement)
- Early language and communication skills
- Bonding
- Cause and effect
- Imitation skills

Other activities to be done:

- Sensory play: get creative with food at home; flour, maza, fruit loops, rice etc.
- Ball play: Babies to explore with different sized/textured balls. Encourage grasp and release, reach, crossing of midline (middle of the body), creeping on tummy.

WELL DONE ON COMPLETION OF THE MOMMY & ME PLAY PLAN CURRICULUM!

Please do not hesitate to provide us with feedback regarding the curriculum. We would love to hear about your and your baby's experience.