

ACTIVITY TIPS 0–3 MONTHS

- Let the baby lie on the floor or dry ground on top of a clean blanket or rug where his or her arms and legs can move freely. Let the baby study his or her hands and bare toes.
- Massage the baby after a bath. In a warm room, gently stroke the baby's arms and legs from top to bottom using baby oil. Turn the baby on his or her stomach and massage his or her back with soft strokes. Wrap the baby in a towel to warm up before dressing.

ACTIVITY TIPS 3–6 MONTHS

- At this stage, it is important to encourage the baby to use the centre line of his or her body. You can place a toy so that the baby's hands automatically go to the centre, for example.
- Lying on their stomachs is still good, because the baby needs a strong back and arms in order to learn to sit and move on all fours.

ACTIVITY TIPS 6–9 MONTHS

- It is important to train the body parts that are needed for sitting and moving on all fours: the back, neck, arms and legs. Even after the baby learns to sit, it is good to spend a lot of time on his or her stomach.

This is also the position where the baby starts to practise moving on all fours. Place toys around the baby just within reach, which encourages the baby to crawl towards the toys.

- When moving on all fours, the opposite arm and leg move at the same time, which effectively develops co-operation between the brain hemispheres. Games where arms and legs are moved crosswise are also very beneficial.
- With the development of fine motor skills, such as the pincer grip, the baby needs a lot of activities for hands. Let the baby eat finger food, for example, and practise precise hand co-ordination. Sitting in a high chair also frees the hands for activities and supports the arms, which makes it easier to study things with hands.
- Sitting practice can start by putting the baby in sitting position surrounded by cushions for short periods of time.

ACTIVITY TIPS 9–12 MONTHS

- Make sure that there is safe and sturdy furniture around the home that the baby can use as supports for standing up and walking. The baby's pram is also a suitable support for walking practice.
- Teach the baby to get down from the sofa safely: sliding on his or her stomach, feet and bottom first.
- Let the baby play with small boxes whose lids can be removed or raised. The game is even more fun if there is something edible in the box, such as raisins or pieces of fruit.
- Let the baby sit and play in the bath tub. However, always keep an eye on the baby. Do not leave the baby unattended.