

### **TOYS 0–3 MONTHS**

- Rattles
- Play mat
- Mobiles
- Board or plastic first books

### **TOYS 3–6 MONTHS**

- Toys and objects of various materials, shapes and colours
- Rings and rattles that are easy to grab
- Baby mirror
- Teddy bears and other soft toys
- 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 key pinch 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.

### **TOYS 6–9 MONTHS**

- Kitchen implements, like wooden spoons and whisks, small plastic cups, etc.
- Rattles, pounding bench
- Toys with holes and grooves to study
- Balls – big and small
- Wheeled or otherwise moveable toys
- 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.

### **TOYS 9–12 MONTHS**

- Music, instruments
- Building blocks
- Knob puzzles
- Bath toys and boats
- Ring tower
- Boxes with lids
- Push carts
- Shape sorters