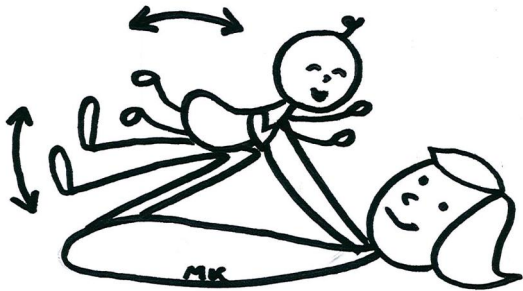


GAMES 0–3 MONTHS

- Aeroplane

- Lie down on your back with your knees raised and legs horizontal. Lift the baby on his or her stomach on top of your legs, with the head towards you. Hold onto the baby's arms or shoulders. Rock your legs up and down.



- Peekaboo game from behind toes

GAMES 3–6 MONTHS

- Massage

- It is advisable to give massages after a bath in a warm room on top of a towel, for example. You can put a few drops of baby oil on your hands. First, gently stroke the baby's arms and legs from top to bottom. Turn the baby on his or her stomach and massage his or her back with soft strokes. Finally, wrap the baby in a towel to warm up before dressing.

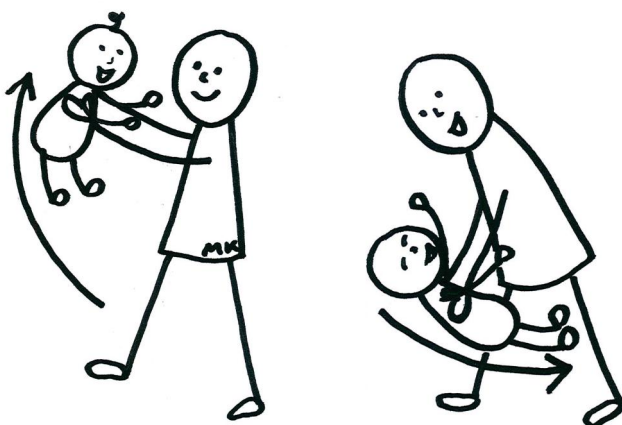
- Soap bubble show

GAMES 6–9 MONTHS

- Balloon game

- Grandpa's swing

- Hold the baby around the chest. Swing the baby in an arc between your legs and up again. Repeat a few times.



GAMES 9–12 MONTHS

- Baby rodeo

- o Roll up a large comforter and place it on the floor. Lift the baby astride the roll. Support the baby's hips and place toys on the floor on either side of the roll. Let the baby reach out towards them.



- Hide the toy

- o Hide a toy, let the baby see where you hide it and let the baby find it

Illustrations:

Koskenniemi, Matleena. 2014.