

BABY GAMES

3-6 MONTHS



PLAY MOVEMENT GAMES AND SONGS

Singing songs and playing games will help your baby make connections with you.

Babies love music and your singing.

- Hold your baby close to your body and move around the room as you sing your favorite songs.
- Make it a happy song! If you are happy, your baby will be happy, too.

The Going Up Game

- Hold your baby's fingers and gently lift her arms up as you say:



Going up, up, up,
Going down, down, down,
Going up, up, up,
Going down, down, down!



- Lift your baby's legs and say the rhyme.
- End with lifting baby up, up, up and down, down, down.
- Adding kisses to the down part makes it special.

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Shake, Shake, Shake

- Fill a small plastic container with dry beans or rice. Be sure to close the lids so baby can't open it.
- Give to baby and while you are holding the baby's hand, shake it and say "SHAKE, SHAKE, SHAKE."
- Then give the baby another container and do the same thing.

Fly, Baby, Fly

- Sit on the floor with your baby facing you. Support your baby's body with your hands placed firmly under his arms and around his chest.
- Ask your baby, "Are you ready to fly in the sky?" Then say, "Here we go. One, two, threeeeeee!"
- On the count of three, slowly begin lifting the baby as you roll backward onto your back.
- You are now lying down and holding the baby high in the sky.
- Say, "Fly, baby, fly!" and smile with your baby.

