

Got it!

What we know

In this activity your baby practises stretching, reaching and grasping with their hands.

This encourages your baby to develop body control and thinking.

Your baby is learning to open their fingers and, eventually, hold and release an object.

Your baby is thinking about whether what is offered is of value or interest to them.

When you spend time with your baby and delight in what they are doing your baby will feel loved. This strengthens the relationship and connection you have.

What to do

Choose a toy, block, ball or a small object from the kitchen like an egg cup or spoon. Make sure it's not too small and it doesn't have sharp edges.

Sit your baby up or prop them up against a cushion, then sit down facing them. Hold the object just out of their reach—not too far because eventually you want them to grab it.

Encourage your baby to lean forward and grasp the object.

When they reach it, use lots of encouraging words or sounds to congratulate them.



A book to read

Ten Little Fingers
by Annie Kubler



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Things to say

'Look! I have a ball!'
'You get the ball... that's right... a little further... well done. Hooray!'
'Mummy will get the ball now.'
'Can Grandma get the ball?'
'Got it!'