

# ACTIVITY TIME

## Say Hooray

By Renae Howard and Rebecca Mills

### A time to celebrate!

The end of year brings many emotions and causes for celebration. Your baby's first few years of life are marked with so many milestones, all of which are worth celebrating.

### What to do

- Blow up a small balloon.
- Sit on the floor with your baby. If they are sitting independently, you can sit facing them. Your baby may need a pillow for support. For a young baby you can lay together on a safe surface for play.
- Show your baby the balloon and gently toss the balloon. Watch it fall, and float, and land.
- Model for your baby how you can reach and touch the balloon, tap the balloon and watch it float up and around you.
- Balloon play is an excellent way to help your baby develop eye movements. As they grow their ability to track or follow objects with their eyes increases. Balloons move slowly and this gives your baby an opportunity to take in what they are seeing.
- Talk about what you are doing and what you notice. The song words below can be sung to the tune of Frere Jacques, and you can change them as you watch the balloon move around you.
- If balloons are not your thing – try this activity with bubbles. Your baby will love to watch them float about!

*Supervise your baby at all times when interacting with play objects.*

### Sing:

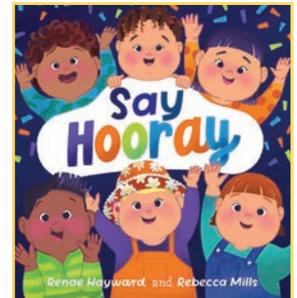
#### **Yellow balloon**

*Yellow balloon, Yellow balloon*

*Float and glide, float and glide*

*Drift down right beside us, drift down right beside us*

*We're watching, we're watching*



Adult supervision is essential. Involve and talk with your child as much as possible.

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