

Play and activity ideas

Fun, useful activities to stimulate the senses

4 MONTHS

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1 Sensory discoveries

Build touch and curiosity with new textures:

- **Magic cloth:** Offer a soft fluffy cloth or a silk scarf.
- **Kitchen secrets:** Let baby touch a smooth wooden spoon or a silicone spatula.
- **Crinkly sounds:** Crumple parchment paper near baby.

2 A new twist on tummy time

Make tummy time even more interesting:

- **Mirror world:** Place a baby-safe mirror in front — babies love to look at “the other baby”.
- **Water tray:** Pour a little cool water into a shallow tray, or use a water mat with floating figures.

3 Sounds and first laughs

Stimulate hearing and social connection:

- **Peek-a-boo:** Hide your face behind a cloth for the first real smiles.
- **Songs and rhythm:** Sing and gently move baby’s hands to the rhythm.
- **Funny sounds:** Make silly mouth sounds (buzzing, clicking).

4 Visual surprises

Train focus and visual tracking:

- **Soap bubbles:** Blow bubbles above baby — they move slowly and shimmer.
- **A sensory walk at home:** Carry baby and show a bright picture, a window or a houseplant.

Tip of the day:

At 4 months babies tire quickly. 5–10 minutes of any game is plenty. At the first signs of tiredness (yawning, looking away), give them a rest!