

Play and activity ideas

Activities for reaching and discovering

5 MONTHS

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1 Reaching and grasping

Little hands start to search:

- **Toy within reach:** Hold it an arm's length away to grab.
- **Grabbing feet:** On their back, help baby catch their feet.
- **Light rattle:** Hand it over and wait for baby to grasp it alone.

2 Rolling

Movement starts with interest:

- **Toy to the side:** On the tummy, place it slightly to one side.
- **Call by name:** Sit to one side so baby turns toward you.
- **Lots of space:** Spread a blanket on the floor.

3 Sounds and conversation

Baby now "talks" with you:

- **Dialogue:** When baby babbles, wait and reply.
- **Songs with gestures:** Clap baby's hands to the rhythm.
- **Funny sounds:** Raspberries, clicks, "brrr".

4 New sensations

Exploring with all the senses:

- **Different textures:** Soft fabric, smooth wood, crinkly paper.
- **Teething toys:** Safe and well washed.
- **Supported sitting:** Briefly, between cushions, with you beside baby.

Important at this stage:

At 5 months babies put everything in their mouths — it's how they explore. Check that toys are clean, sturdy and too large to be swallowed.