

Play and activity ideas

Activities for active exploring and coordination

6-7 MONTHS

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1 Sensory discoveries

Develop fine motor skills and the senses:

- **Sensory bottles:** Fill well-sealed plastic bottles with water, glitter or colored rice for shaking.
- **Tissue box:** Put colorful pieces of fabric in a box — baby will love pulling them out.
- **Different surfaces:** Give a cold spoon, a rough sponge or a fluffy toy.

2 Cause and effect

Discovering the link between action and result:

- **Hide a toy:** Hide a favorite toy under a cloth in front of baby and encourage them to find it.
- **Homemade drum:** Give a wooden spoon and a plastic bowl to hear the sound of their movements.

3 Movement and coordination

Encourage sitting, rolling and crawling:

- **Out of reach:** Place an interesting toy slightly out of reach to encourage stretching.
- **Passing objects:** Hand baby a second toy so they learn to pass the first from hand to hand.

4 Speech and social games

Develop early communication skills:

- **Mirror talk:** Sit together in front of the mirror and make funny faces and sounds.
- **Echoing sounds:** When baby babbles ("ba-ba", "da-da"), repeat after them with a smile.

Important at this stage:

At 6-7 months babies actively put everything in their mouths. Make sure every toy is safe, clean and has no small parts that could be swallowed!