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Wiggle ball

From 3 months old



- ① Place your baby on his tummy and lie on the floor facing him.
- ② Put a play ball, preferably one which jingles, or any other interesting toy in front of him but just out of his reach.
- ③ Move the toy back and forth and encourage him to shuffle forward to pick up the ball.
- ④ Praise him when he reaches the ball.

This activity encourages motor skills which will help your baby to crawl. Spending time on his tummy also helps to strengthen the neck, back and leg muscles.



Please remember to recycle this activity