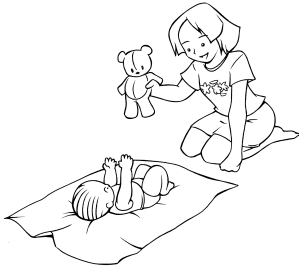


# Floor Time

Age: Infants (0-8 months)

This activity helps your child's development in this domain: Physical, Language and Literacy

## What You Need:



- A soft blanket, futon, or a beach towel

## What To Do:

1. Place your baby on a soft blanket, futon, or towel on the floor to give her a chance to look at new things.
2. Change her position or the position of the blanket, futon, or towel on the floor after a few minutes.
3. Notice what your baby is interested in. If she looks at something, talk about it. For example, "Do you see the fan? I'll turn it on. It spins. Do you feel the cool air?"
4. If she looks at you, talk about your facial features (eyes, nose, hair, etc.). As you name them, guide her hand to touch your eyes, nose, hair, etc. Then, gently touch her facial features saying, "You have a nose just like mommy!"
5. Wiggle your hand to get your baby's attention.
6. Slowly "walk" your fingers up and around her leg.
7. End the "walk" with a gently tickle or a soft poke on her tummy.

## Variation:

Sit on the floor and hold your baby upright on your lap. Talk about things that you both see. For example, "Are you looking at the anthurium on the table? The



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