

Rock and Roll Rattle

Age: Infants (0-8 months)

This activity helps your child's development in this domain: Physical

What You Need:



- An empty cylindrical oatmeal or salt container
- Bells, buttons, pennies, or other items to be used as noisemaker
- Strapping or masking tape

What To Do:

1. Place noisemakers in cylindrical container.
2. Securely tape shut the opening.
3. Find an open space where you and your child can move around freely.
4. Place your baby on his tummy to encourage him to hold his head up.
5. Place the rattle where he can see it and must reach or move in order to touch it.
6. Roll the rattle to make some sounds; then help him shake/move the rattle.
7. Talk about what he hears.
8. Encourage him to reach for the rattle and rock it back and forth.

Safety Alert: Do not let your baby play with a small object or put it in his mouth. Items that are small enough to fit through a toilet paper tube can cause choking if swallowed. Check the size of items for safety before you let your child play with them.

