

# Using a rattle

Age: Infants (0-8 months)

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

## What You Need:



- Rattle

## What To Do:

1. There are many ways to use a rattle to engage baby. Start by moving the rattle from one side to the other. Your baby is learning to visually track or coordinate her eyes together to watch a moving toy.
2. Allow baby to hold the rattle. As her fine motor skills develop, she will learn to hold and shake the rattle in the air. She'll soon progress to transferring the toy into her other hand.
3. You may see her bring the rattle to her mouth. She's exploring the toy's textured surfaces. If she's teething, this may help her soothe her gums.
4. During tummy time, place baby's favorite rattle just out of her reach. She might be more motivated to lift her head, learn to roll to get the rattle, or even squirm along the floor on her belly to start crawling.

Note: Plastic baby rattles are easy to clean and sanitize with a wipe. Fabric wrist rattles and other plush, soft toys with rattles can be washed in the laundry.



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