

Elevator Play

Instructions:

1. Lay back on the floor or on your bed.
2. Sit baby on you lap in sitting position and hold on to his or her sides.
3. Lift baby straight up in the air and once baby is all the way up say, "DING!"
4. Bring baby back down to your stomach again. When baby comes to a stop say, "DING!"
5. Repeat activity until baby appears uninterested.

Materials:

- Just you and your baby

How to extend activity:

You can play this game many different ways, laying on the floor, sitting in a chair or lying on the bed.



What will your child learn?

- Helps baby build strength for tummy time.
- Helps with leg, arm, and head control.