

Ball Play

What to do:

1. Crumple paper into a ball.
2. Wrap the ball with masking tape until it is hard and shaped. The larger the piece of paper, the larger the ball.
3. Sit on the floor across from your child, roll the ball to your baby. Encourage him/her to roll it back.
4. Talk as you play. "Can you roll the ball to Mommy/Daddy?" or "I can roll the ball to you!"
5. Observe your baby as s/he is playing. Notice his/her level of interest in the activity. Your baby will mirror your mood.
6. Play as long as s/he is interested.

How to extend activity:

Take pictures of you and your baby doing the activity. Read a book about balls and find other ways your child can take turns when playing.

Materials:

- Scrap paper, old magazines, or other paper that can be crumpled.
- Masking tape



What they will learn:

- **Motor:** Your baby is using his/her upper body muscles to send the ball back. S/he uses his/her hand and arm muscles to grab, release, push, and pull.
- **Social-emotional:** Social games help your baby start to learn how to take turns. They also prepare him/her for other forms of social interaction.
- Warm and responsive daily interactions with your baby help her create permanent brain connections for secure attachment.