

## Travelling Adventure : Home Activity

### Cardboard / Blanket Slide

Playing movement games with babies can really help your little one to start to understand the concept of forward motion. Remember the fun of sliding down a grassy hillside on a sheet of cardboard or biscuit tin lid? You can use a section cut from a cardboard box to give your newborn the same sense of freedom of movement.

**Appropriate for: 6 weeks to 5 months** - Skills developed: Gross Motor Skills, spatial awareness. **For older babies, sit them in a laundry basket and pull it along - they will love it!**

**What you'll need:** A rectangular piece of thick cardboard (approximately the size of your baby), or a small blanket. This activity works best on a carpet or rug but can also be enjoyed on a lino or wooden floor. If you are doing it on the latter, make sure baby doesn't topple over if they try to sit up. Lay the cardboard / blanket on the rug or floor and position your baby tummy down on top of it, with their arms out in front of them or to the sides. Gently slide the cardboard or blanket forwards and backwards, to give baby the sensation of crawling forward. Don't pull too quickly or tilt baby up too far, as this may startle them and cause upset.



If baby is not yet able to hold their head up for this activity, just lay them on their tummy and look into his eyes. By the ages of 8-14 months, babies will begin using their arms to propel themselves forward, and undertaking this sort of activity sooner will help baby to develop the coordination they'll need to crawl.

**Remember: Each baby develops at a different pace, so if yours isn't quite ready for this week's activities, don't worry — just try them at a later date.**