

# 30 days

## Get Inspired with the Melton City Council 30 days of creative play!

Please ensure adequate adult supervision is provided for all activities.



### 30 Days of Baby Play

### 0 to 12 months

1



Read your baby a book. Don't forget you can borrow some from the library.

2



Put on some soothing music and hold your baby in your arms, swaying from side to side.

3



Play 'This Little Piggy' with your baby's toes.

4



Offer your baby different sized objects to grasp such as blocks, balls and soft toys.

5



Get down on the floor and give your baby some tummy time.

6



Play peekaboo with your baby. You can use your hands, a blanket or a piece of material.

7



Make eye contact with you baby and smile, stick out your tongue and make silly faces.

8



Take your baby for a walk outside and around the neighbourhood. Talk to them about what you can see as you walk along.

9



Give your baby a massage.

10



Place a mirror in front of your baby's face and tell them what you can see.

11



Sit in front of your baby and make different noises with your mouth. Whistle, click your tongue and blow kisses.

12



Blow some bubbles for your baby. Make your own bubbles by mixing 4 cups of warm water, 1/2 cup sugar, 1/2 cup dishwashing liquid.

13



Put on some upbeat music and dance with your baby in your arms.

14



Play 'Round and Round the Garden' on your baby's hands.

15



Take a walk around the house with your baby and tell them everything you can see.

16



Using your finger, gently touch you baby's nose, mouth, ears and under eyes labelling each body part out loud as you go.

17



Give your baby some pots and pans from the kitchen and let them bang with their hands or a wooden spoon to make some noise.

18



Blow raspberries on your baby's tummy.

19



Give your baby some items they can stack or put inside each other such as blocks and plastic cups.

20



Sit in front of your baby and make different animal noises labelling each sound as you go.

21



Sing your baby your favourite song.

22



Hold an object in front of your baby's face, wiggle and move the object from side to side and encourage your baby's eyes to follow.

23



Sign Row, Row, Row Your Boat while holding onto your baby's hand, supporting their head and rocking back and forth.

24



Give your baby a warm bath.

25



Find a soft patch of grass at home or a local park. Lie down with your baby and look at the clouds.

26



Make your baby a homemade rattle by filling a plastic bottle with dry pasta or rice. Ensure lid is secured tightly.

27



Sing Twinkle, Twinkle Little Star to your baby before they go to sleep.

28



Fill a basket or box with materials of different textures for your baby to touch and hold.

29



Hold your baby close to your face. Spend a few minutes looking into each other's eyes.

30



Spend some time encouraging your baby to clap. Show them how you clap your hands. Put their hands together and say the word 'clap'.

Share your play adventures and creations with us by tagging **#30DaysMelton** on social media.