

Ball Games with your Baby

In front of your baby, throw a ball up in the air, and encourage your baby to watch the ball going up and coming back down.

Hide a few balls around your home and crawl around with your baby to find them. Place them in visible and accessible spots for your baby to get to.

Place a ball in front of your baby. Help them walk to the ball and kick it. Repeat until they lose interest.



Give your baby all the balls you can find in your home, then encourage them to drop or throw them in a big basket, box, or a container.

Roll a soft ball on the floor and encourage your baby to crawl to it. Do it repeatedly.

Build a tower with blocks or containers with your baby. Roll a ball to knock the tower over. Build the tower again and encourage your baby to do the same.

Find balls of different textures, sizes, and colours around your home. Bring them to your baby and when they pick one up, describe the ball to them (i.e. "This is a big, smooth, green ball.")

Create a ramp with some blocks, boxes or whatever you can use to place on an angle. Roll a ball down the ramp. Encourage your baby to do the same.

Ask your baby to roll a ball to you. If they seem confused at first, show them how to roll a ball.

Safety Tip!
Always give your baby a ball that is larger than your elbow. Anything smaller can be a choking hazard.

Cut a large hole in a box - big enough for a ball to fit through. Then, drop the ball through the hole. Encourage your baby to do the same. Then, empty the box to reveal the balls.

Songs to Sing to your Baby

Roll, Roll, Roll the Ball

(Tune: Row, Row, Row your Boat)

Roll, roll, roll the ball.

Roll it on the floor.

Rolling, rolling, rolling, rolling.

Let's roll the ball some more.



This is the Way we Roll the Ball

This is the way we roll the ball,
We roll the ball, we roll the ball.

This is the way we roll the ball,
So early in the morning.

Other verses: bounce the ball, throw the ball

Take me out to the Ball Park

Take me out to the ball park.

Take me outside to play.

Green, green grass, and the blue, blue sky.

And other babies go racing by.

Let me play, play, play in the sandbox.

Then push me high in the swing.

For it's one, two, three swings I'm up,

And that's why I sing!

