

**Creative Movement for Babies: RELATIONSHIPS**  
over/under around/through on/off above/below  
near/far beside/between in/out connected/apart

**RHYME**

*(tap baby's hands)*

Pat-a-cake, Pat-a-cake, baker's man

*(gently shake baby's arms)*

Bake me a cake as fast as you can

*(roll arms or legs)*

Roll it,

*(pat baby all over)*

And pat it,

*(draw a "B" on baby's tummy)*

And mark it with a "B" *(or baby's first initial)*

*(cuddle baby)*

And put it in the oven

for *(baby's name)* and me!

**CRAFTY** Save some lids from yogurt containers, deli containers, etc. Using an old box, you can make a fun 'mailbox' for baby to practice sliding things into. Just cut a slit in the top and help Baby to place the lids in the hole. Where do they go? They're inside!

**A NEW GAME** A fun way for babies to explore moving and relating is to play "back to back" with another baby, another caregiver or even themselves in a mirror! Just say "toes to toes" and touch toes, or "tummy to tummy" or "elbow to foot". Use your imagination! Babies are beginning to develop a physical self-concept, and exploring how these body parts relate can help them to understand the way their little bodies work.

**TUMMY TIME** One of the ways babies begin to express themselves is by echoing -- they may "babble" and even make sounds like you! This can be lots of fun to play with on your tummies together. Try echoing baby's movement AND sounds for an exciting new activity as you encourage and imitate baby's sounds.

**DEVELOPMENTAL TIDBIT** As babies develop physically, they are also working hard to practice their hand-eye coordination, to increase their flexibility and strength, and to develop new movement patterns. When babies use tummy time to play and explore, they learn to differentiate their different body parts, they can focus on problem-solving and they'll enhance their own kinesthetic sense and sensory awareness!