

Here are development activities for babies aged 3-6 months:

1. **Tummy time:** Place your baby on their tummy for short periods throughout the day to strengthen their neck and upper body muscles.
2. **Mirror play:** Show your baby their reflection in a mirror and make funny faces together.
3. **High-contrast cards:** Use black and white or high-contrast cards to stimulate your baby's visual development.
4. **Sensory toys:** Offer toys with different textures, such as soft, crinkly, or fuzzy toys, for sensory exploration.
5. **Rattle play:** Give your baby a rattle to hold and shake, encouraging hand-eye coordination.
6. **Baby massage:** Gently massage your baby's arms, legs, and back to promote relaxation and bonding.
7. **Singing songs:** Sing lullabies or nursery rhymes to your baby to encourage language development and soothe them.
8. **Soft book exploration:** Provide soft books with different textures and let your baby explore them with their hands and mouth.
9. **Hand clapping:** Help your baby clap their hands together to improve coordination and motor skills.
10. **Gentle tickling:** Gently tickle your baby's belly or feet to stimulate their senses and create bonding moments.
11. **Mobiles:** Hang a mobile above the crib for visual stimulation and tracking movements.
12. **Baby gym time:** Place your baby on a baby gym mat with hanging toys for reaching and grabbing practice.
13. **Rolling ball:** Roll a soft ball gently to your baby, encouraging them to track the movement.
14. **Puppet show:** Use puppets or stuffed animals to create a simple puppet show for your baby.
15. **Textured ball:** Offer a soft ball with different textures for your baby to explore through touch.
16. **Bubble play:** Blow bubbles and watch your baby's eyes light up as they follow and reach for them.
17. **Water play:** Allow your baby to splash their hands and feet in a shallow basin of warm water.
18. **Dance together:** Hold your baby and sway or dance together to music.

19. **Sensory bag:** Fill a sealable plastic bag with hair gel and small toys for your baby to squish and explore.
20. **Soft block stacking:** Give your baby soft blocks to stack and knock down, promoting hand-eye coordination.
21. **Nature walk:** Take your baby outside for a gentle stroll, pointing out different sights and sounds.
22. **Soft fabric book:** Provide a soft fabric book with crinkly pages for tactile exploration.
23. **Peek-a-boo:** Play peek-a-boo with a blanket or your hands to enhance social interaction and object permanence.
24. **Crawling tunnel:** Create a safe crawling tunnel using cushions or a soft blanket.
25. **Gentle swinging:** Gently sway your baby back and forth in your arms or in a baby swing.
26. **Sensory bottles:** Create sensory bottles filled with water, glitter, or small objects for visual stimulation.
27. **Baby drumming:** Give your baby a soft drum or a pot and spoon to explore different sounds and rhythms.
28. **Soft toy tug-of-war:** Hold a soft toy and let your baby grab and tug on it, building strength in their arms.
29. **Nature exploration:** Take your baby outside to explore nature by touching grass, leaves, or flowers.
30. **Puzzles:** Introduce simple puzzles with large, easy-to-grasp pieces for your baby to practice problem-solving skills.
31. **Play with soft blocks:** Offer soft blocks for your baby to stack, knock down, and explore different textures.
32. **Bath time fun:** Provide cups, sponges, and toys for your baby to play with during bath time.
33. **Play with pots and pans:** Offer safe, non-breakable pots and pans for your baby to bang and make noise with.
34. **Sensory playdough:** Make homemade playdough with safe ingredients and let your baby squish and explore it.
35. **Beach ball roll:** Sit facing your baby and roll a beach ball back and forth, encouraging them to catch and roll it back to you.
36. **Baby yoga:** Guide your baby through gentle stretching and yoga movements to promote flexibility and body awareness.

37. **Toddler-friendly puzzles:** Introduce more complex puzzles with larger pieces and pictures that interest your baby.
38. **Pom-pom drop:** Provide a container with holes and let your baby drop pom-poms through the holes.
39. **Safe sensory bin:** Create a sensory bin with non-toxic materials like rice, pasta, or shredded paper for your baby to explore with their hands.
40. **Play with musical instruments:** Offer toy instruments like drums, xylophones, or shakers for your baby to experiment with different sounds.
41. **Sensory bath:** Add safe and child-friendly sensory elements to your baby's bath, such as coloured water or floating toys.
42. **Texture walk:** Place different textured materials, like fabric, bubble wrap, or carpet squares, on the floor for your baby to crawl or walk on.
43. **Play with wooden blocks:** Offer wooden blocks of different shapes and sizes for your baby to stack and knock down.
44. **Baby-friendly sensory paint:** Use non-toxic finger paints or edible paints for your baby to explore and create art with their hands and feet.
45. **Play with stacking cups:** Give your baby stacking cups to stack, nest, and pour water in during bath time or water play.
46. **Safe taste exploration:** Introduce safe and age-appropriate foods with different tastes, textures, and temperatures for your baby to explore and taste.
47. **Sensory sponge play:** Offer various sponges in different shapes, sizes, and textures for your baby to squeeze and explore during bath time or sensory play.
48. **Play with textured balls:** Provide balls with different textures, such as rubber, foam, or knitted balls, for your baby to touch, roll, and explore.
49. **Watercolor painting:** Use non-toxic watercolor paints and large brushes to let your baby experiment with painting on paper or cardboard.
50. **Sensory Garden:** Create a small sensory garden by planting different herbs or flowers with interesting smells and textures for your baby to explore.
51. **Play with toy cars and ramps:** Set up ramps or tracks for your baby to send toy cars rolling down, promoting hand-eye coordination and cause-and-effect understanding.
52. **Safe sensory taste bins:** Fill small containers with safe foods of different tastes, such as mashed banana, avocado, or pureed vegetables, for your baby to explore and taste.
53. **Play with textured fabric scraps:** Offer fabric scraps with different textures, such as silk, velvet, or bumpy fabric, for your baby to touch and feel.

54. **Sensory music play:** Provide musical instruments or objects that make different sounds, such as bells, shakers, or rattles, for your baby to explore and create music.
55. **Safe scented playdough:** Make scented playdough using natural ingredients like lavender, vanilla, or citrus extracts for your baby to smell and manipulate.
56. **Play with kitchen utensils:** Offer baby-safe kitchen utensils like wooden spoons, whisks, or measuring cups for your baby to explore and play with.
57. **Sensory sock exploration:** Fill a clean sock with different textured materials like rice, beans, or fabric scraps, and tie the end securely. Let your baby hold and explore the sensory sock.
58. **Play with textured balls:** Provide balls with different textures, such as rubber, foam, or knitted balls, for your baby to touch, roll, and explore.
59. **Sensory water play:** Fill a shallow container with water and add items with different textures, like sponges, rubber ducks, or smooth stones, for your baby to explore and splash.
60. **Play with toy keys:** Offer baby-safe toy keys for your baby to grasp, shake, and explore.
61. **Sensory scarf dance:** Dance or move colourful scarves in the air, encouraging your baby to track the movements and reach for them.
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77. **Play with toy keys:** Offer baby-safe toy keys for your baby to grasp, shake, and explore.
78. **Sensory painting with natural materials:** Use natural materials like leaves, flowers, or pinecones as paintbrushes to create sensory artwork with safe, non-toxic paint.
79. **Play with stacking rings:** Provide stacking rings with different textures and sizes for your baby to explore and practice hand-eye coordination.
80. **Sensory balloon play:** Inflate balloons and let your baby touch and play with them, emphasizing their texture and movement.
81. **Play with textured bath toys:** Offer bath toys with different textures, such as sponges, rubber ducks, or textured balls, for your baby to touch and explore during bath time.
82. **Sensory touch and feel board:** Create a touch and feel board by attaching various textured materials, like sandpaper, velvet, or faux fur, to a board for your baby to touch and explore.
83. **Play with nesting toys:** Provide nesting toys or cups of different sizes for your baby to stack and nest, promoting fine motor skills and problem-solving.
84. **Sensory foam play:** Create foam by mixing baby-safe soap with water and let your baby explore and play in the bubbly texture.
85. **Play with sensory tunnels:** Set up sensory tunnels made of soft fabric or cushions for your baby to crawl through, promoting gross motor skills and spatial awareness.
86. **Sensory treasure basket:** Create a treasure basket filled with safe objects of different shapes, textures, and sizes for your baby to explore and manipulate.

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