

Tutu Tuesdays

Activities for 6-9 month olds

Sensory Play

01



Materials:

- Soft fabric squares
- Crinkly paper
- Textured toys

Activity: Create a sensory bin with a variety of textures. Let the baby explore different fabrics, crinkly paper, and textured toys. This stimulates their sense of touch and encourages curiosity.

Tummy Time with Mirrors

02



Materials:

- Baby-safe mirror
- Soft mat

Activity: Place a baby-safe mirror on the floor during tummy time. Babies love looking at their reflections, which helps develop their visual tracking skills and encourages them to lift their heads.

Musical Exploration

03



Materials:

- Rattles
- Soft drum
- Baby-safe musical instruments

Activity: Introduce your baby to different sounds by letting them play with baby-safe musical instruments. Shake a rattle, tap a soft drum, or let them explore a baby piano.

Peek-a-Boo

04



Materials:

- Soft blanket
- Baby's favorite toy

Activity: Play peek-a-boo with a soft blanket or their favorite toy. This simple game helps develop object permanence, understanding that objects still exist even when they can't see them.

Tip: Use exaggerated facial expressions.

Reading Time

05



Materials:

- Board books
- Cloth books

Activity: Read to your baby every day. Choose colorful board books or cloth books with simple pictures and words. Point to the pictures and describe them to your baby.