

## Singing & Dancing Activities to do at home

**You are your child's  
teacher:**

Enjoy singing and saying  
lullaby's.

Your baby love to see your  
face.

Encourage other adults to  
join in.

Repeat songs and lulla-  
by's.



**Skills learned:** emotional attachment and bonding with parents.

**Development:** By 2 months old your baby's neck muscle will get stronger.

By 5– 6 months old your baby have control of their head and neck.

**Skills they are developing:** listening, and emotional regulation.

**Singing:**

Singing a song or a lullaby in a soothing voice could help your baby take a nap, or just make them feel more settled. Repeating songs and lullaby's enables your baby with later skills such as language, memory, thinking skills and concentration.

**Dancing:**

Put your favourite songs on and holding your baby close to your chest and securely move around in a safe space in time to the music.

