

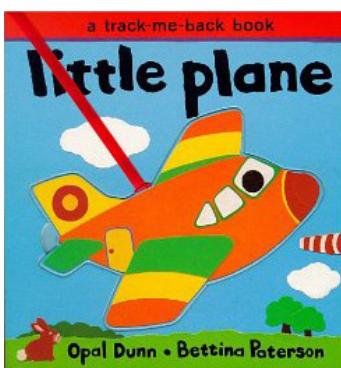
# Ride with me

## Let's play and talk together

- ❖ Lie on your back and bring your knees close to your chest.
- ❖ Place your baby tummy-down on your shins.
- ❖ Holding your baby's hands, lift your feet away from your bottom.
- ❖ By lifting and lowering your feet, take your baby on an airplane ride!



## A good read-together book



**Little Plane** by Opal Dunn and Bettina Paterson

You will need a comfortable space with a soft blanket or carpet to lie on indoors, or a soft, grassy spot outdoors.

This activity is good for helping infants develop core strength in the muscles of the trunk, and for developing balance while moving through space.

## Hints for success

- ❖ Keep your knees still while raising and lowering your feet.
- ❖ Move slowly so you can control your baby's movements as you play this game.



**Ways to say it**

# More ideas for Ride with me

## Try this way

- ❖ Lie on your back and hold your baby by the trunk with your thumbs supporting the chest. Slowly and gently lift baby up in the air, then down to the chest.
- ❖ When baby is near your chest, try adding a kiss or rubbing noses for extra fun.
- ❖ When baby is up high, turn his or her body slowly from side to side to encourage looking around.



## Safety tips

- These activities are for babies who have already developed good head and neck control.
- Make sure you are strong enough to control your baby's movements during these activities.

## Wings

Bees have four wings,  
birds have two.  
I haven't any  
And that's too few.

Aileen Fisher