

Baby Game: Follow the Hand

Initial Position

Following Baby's Hand

This is a simple game I play with my baby to interact and amuse them.

How to Play

1. Lie down next to your baby so they can see your face
2. Move your hand slowly near their face
3. Move your head following your hand movement
4. Smile and make eye contact when they look at you
5. Repeat in different directions

Tips

- Keep movements gentle and slow
- Use soft voices and smiles
- Play when baby is happy and alert
- A few minutes is enough

The illustrations above show how to play - simply move your head following your hand while maintaining eye contact and smiling at your baby.

This easy activity is perfect for playtime or during daily care routines.