

Gentle Bouncing Songs

MUSIC RHYTHM | Ages 3-6 months | 12 minutes

About This Activity

Combine rhythm, movement, and music to develop vestibular sense and social bonding.

Step-by-Step Instructions

Hold baby securely on your lap, facing you. Bounce gently to songs like 'The Wheels on the Bus,' 'Ride a Little Horsie,' or 'Row, Row, Row Your Boat.' Match bounces to the rhythm. Make eye contact and smile. Add small movements for different verses. 10-15 minutes.

Developmental Benefits

AUDITORY, GROSS MOTOR, SOCIAL EMOTIONAL