

# Soft Rattle Sounds

SENSORY PLAY | Ages 0-3 months | 5 minutes

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## About This Activity

Introduce gentle sounds to develop auditory awareness and cause-effect understanding.

## Materials Needed

- soft rattle
- shaker toys

## Step-by-Step Instructions

Gently shake a soft rattle near baby's ear (not too loud). Move the rattle slowly from one side to the other, encouraging baby to turn their head toward the sound. Place the rattle in baby's hand and help them bring it to midline. 3-5 minutes, 2-3 times daily.

## Developmental Benefits

AUDITORY, COGNITIVE, SENSORY