



# Fun Activities on the Ball

## Level Three

### What are some other ways to work on the ball to help my baby?

Once your baby has learned to sit on the ball and is comfortable with tipping sideways and backwards, you can introduce more difficult exercises. The following exercises are fun ways to teach balance and protective reactions while challenged in sitting.



Provide support at the elbow, waist or trunk when first trying this skill. Gently tip your baby while he places his hand down on the ball. This works his shoulder, tummy and balance skills. Watch his face closely for signs of fear.





Practice tipping gently to your baby's right and left to help him learn to catch himself on his hand. Use small movements and watch his face closely for signs of fear.



You can guide the movements with gentle help at the foot, shoulder or elbow. Help your baby only enough to provide a sense of security.

Watch his face to see how much effort and energy he is putting into the exercise. He will be working hard but should not be fearful!

Have fun with your baby; keep the play sessions short and frequent. Several minutes each session, several times a day is helpful for building strength. Your baby will let you know if he is tired or unhappy.

This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other health care professional. If you have persistent health problems, or if you have additional questions, please consult your doctor.