



Hanky Hold

Experience

Preparation: Use a colourful square shaped piece of sturdy cotton or linen, about 30cm x 30cm. Hem or trim the edge to avoid threads. Alternatively, use a clean hanky. Hold the hanky in the middle so that it forms a peak. Place it down at an angle so your baby can look at it, see it, reach out and eventually grasp it. As the hanky is soft, light and easy to hold, it can do no harm if dropped onto the face or body. It is easy to remove, can be held for longer periods of time and can eventually be swapped between hands.

Variation: Hide musical balls or rattles under the hanky. When the hanky is touched, sound is made encouraging the baby to reach out again.

For older babies who can pick up the hanky, hide various colourful objects underneath so there is a surprise when the hanky is lifted.

Learning benefits

- Develops concentration span
- Supports babies to discover their hands leading to eye hand coordination
- Strengthens hand and finger muscles



3 - 5 mins



Birth - 12 mnths

Materials

Create an easy first grab toy for your baby using heavy cotton or linen fabric or utilise a clean hanky

Hints and Tips

Indoors or outdoors

Thicker fabrics hold the shape