

You will need:

Balloon
pump
and
balloons



Blowing Balloon Air

Blow air from a balloon onto your baby's skin

Top Tip

You can also play with a balloon pump or paper fan by gently blowing or fanning air onto your child's hand or cheek.



How to:



Take a balloon and sit or lie your baby down in a warm and comfortable place.



Blow up the balloon to different capacities and let the air out of the neck of the balloon near your baby, on their face, arms, chest, tummy.



Try to let the air out at different rates - fast and slowly to vary the sensations your baby feels.