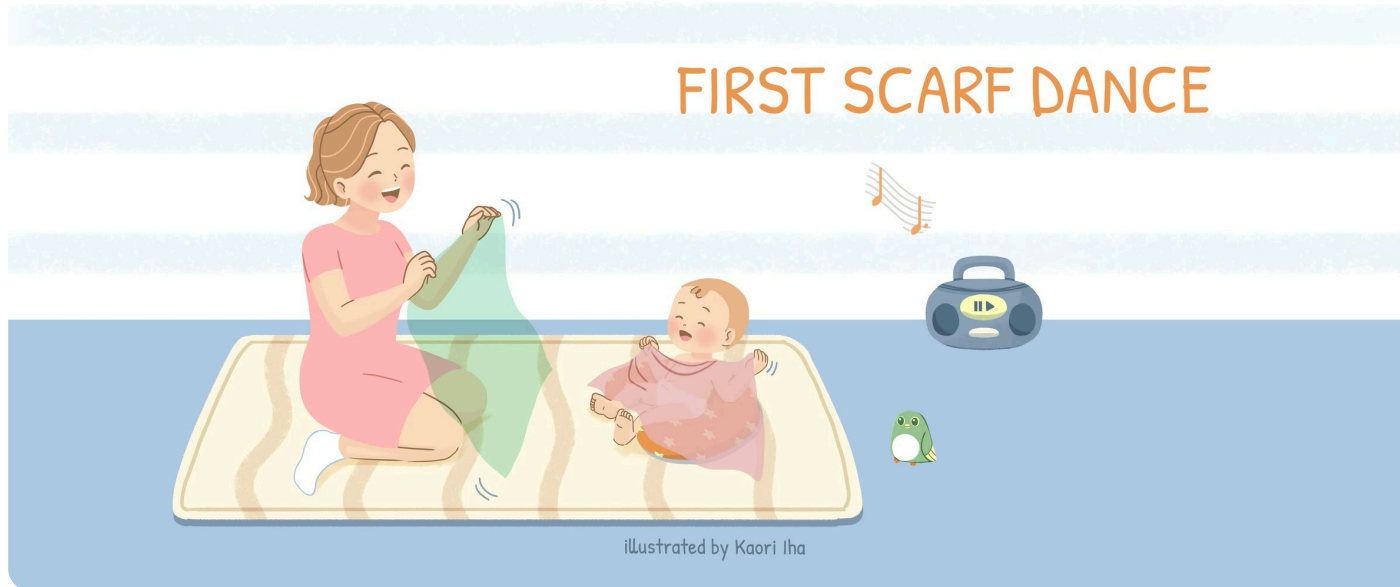




First Scarf Dance

Share music and scarf play with your baby as they notice rhythm, movement, texture, and your warm attention.

Helps Your Child Grow



Perception

Watching, touching, and moving a scarf as the music changes gives your baby a rich combination of visual, auditory, and tactile experiences.



Relationships with Adults

Playing together while you follow your baby's interest helps them experience your attention and strengthens your connection.



Kid Friendly Songs



*Play Mat



Scarf x 2



*U-Shaped Nursing Pillow

*Not Required

What You'll Need

1. Two lightweight scarves
2. a song your baby knows
3. a play mat
4. a U-shaped support pillow



Dance with the Scarf

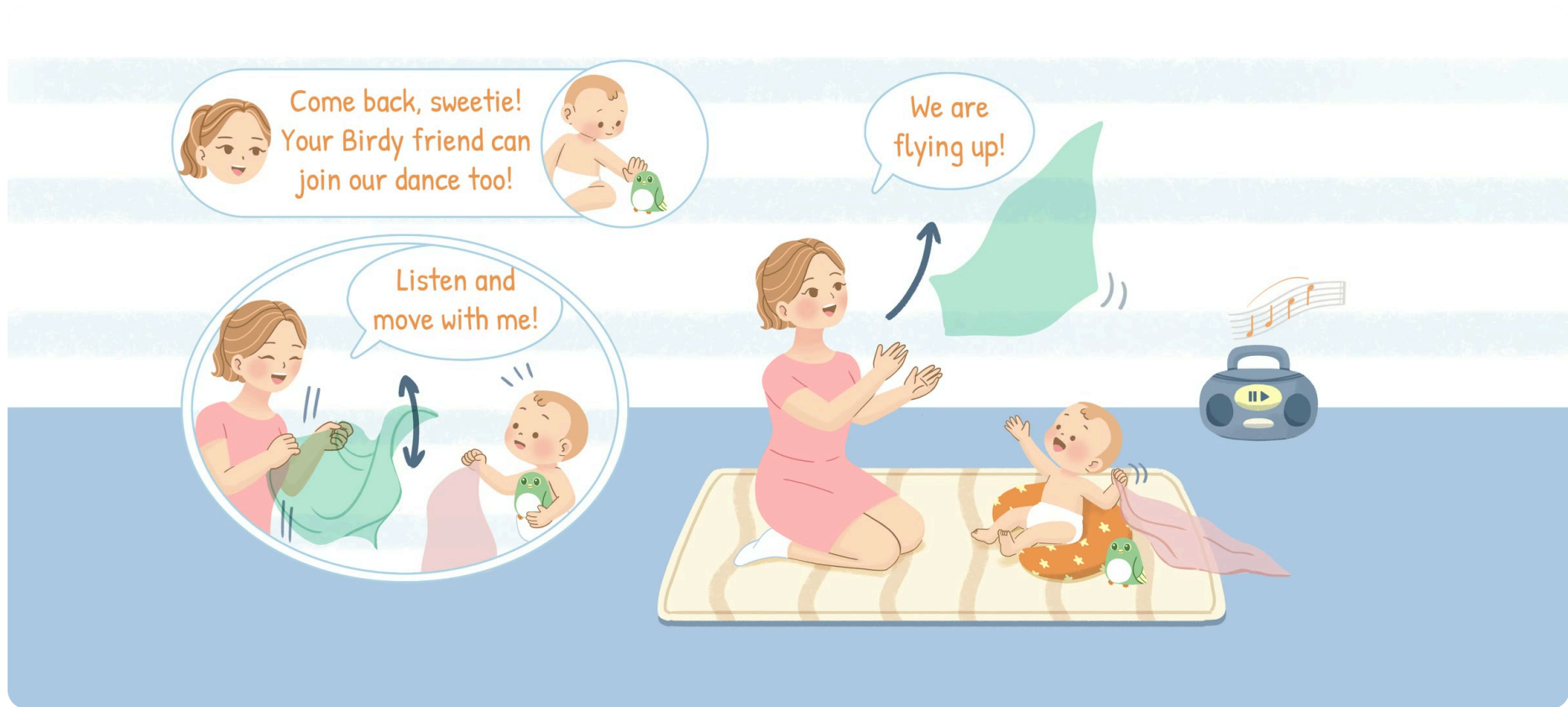
Play music with a clear beat and wave a scarf to catch your baby's attention. Move it slowly or quickly with the rhythm while looking warmly at your baby. When they show interest, take their hands gently and move together to the beat.

Observations

- Moves their hands to the rhythm of the music
- Looks toward you when they hear your voice

Tips

- Lively movements, expressions, and sounds are often easier for your baby to notice than a quiet demonstration.
- Choose familiar songs with clear rhythms and simple melodies, such as “Twinkle, Twinkle, Little Star,” “Frère Jacques,” or “Baby Shark.” Keep a short playlist ready for scarf play.
- Try music with contrasting moods and tempos so your baby can experience different kinds of rhythm.
- Reaching, leaning closer, or watching intently can all show that your baby is interested.



Follow the Music

Move the scarf with the music. As the melody rises, toss the scarf gently so your baby can watch it float. As the melody falls, lower it slowly onto your baby so they can feel its light touch. Let them experience the changes through listening, looking, and touching.

Observations

- Moves the scarf along with the music
- Watches the scarf move with curiosity

Tips

- Narrate the movement as you wave the scarf. Your voice can make the action easier to follow and more inviting.
- If your baby's attention shifts, bring the object that interests them into the game.



Scarf Peekaboo

Keep exploring music and scarves together. Cover your own head with a scarf for peekaboo, or brush it lightly across your baby's hands or cheeks. These small variations keep the familiar game playful.

Observations

- Shows enjoyment while playing scarf peekaboo with you
- Looks back when you begin playing with the scarf again

Tips

- Use a playful voice and expression during scarf peekaboo to make the exchange more engaging.
- Match different movements to the melody - shake the scarf up and down, sway it side to side, or make a slow circle - then encourage your baby to move with you.