



Pop the Bubble

Blow one bubble at a time and invite your baby to follow and swat it. Each floating target offers another playful chance to coordinate looking and reaching.

Helps Your Child Grow



Fine Motor

Watching a bubble and then reaching to pop it gives your baby practice coordinating eye and hand movements.



Cognitive Self-Regulation (Executive Functioning)

Repeated attempts to reach a moving bubble give your baby a playful reason to keep trying.



What You'll Need

1. Bubble solution and wand



Here Comes a Bubble

Blow one large bubble toward your baby. Once they notice it, point, follow their gaze, and watch its movement together.

Observations

- Tracks a floating bubble with their eyes
- Extends an arm toward a bubble

Tips

- Begin with one bubble so your baby has one clear moving target to follow.
- A young baby may wiggle their body or wave their arms when something is exciting. This is one way they use #PMP-GrM to explore.
- Following the same bubble together creates a moment of shared attention.



Reach and Try to Pop It

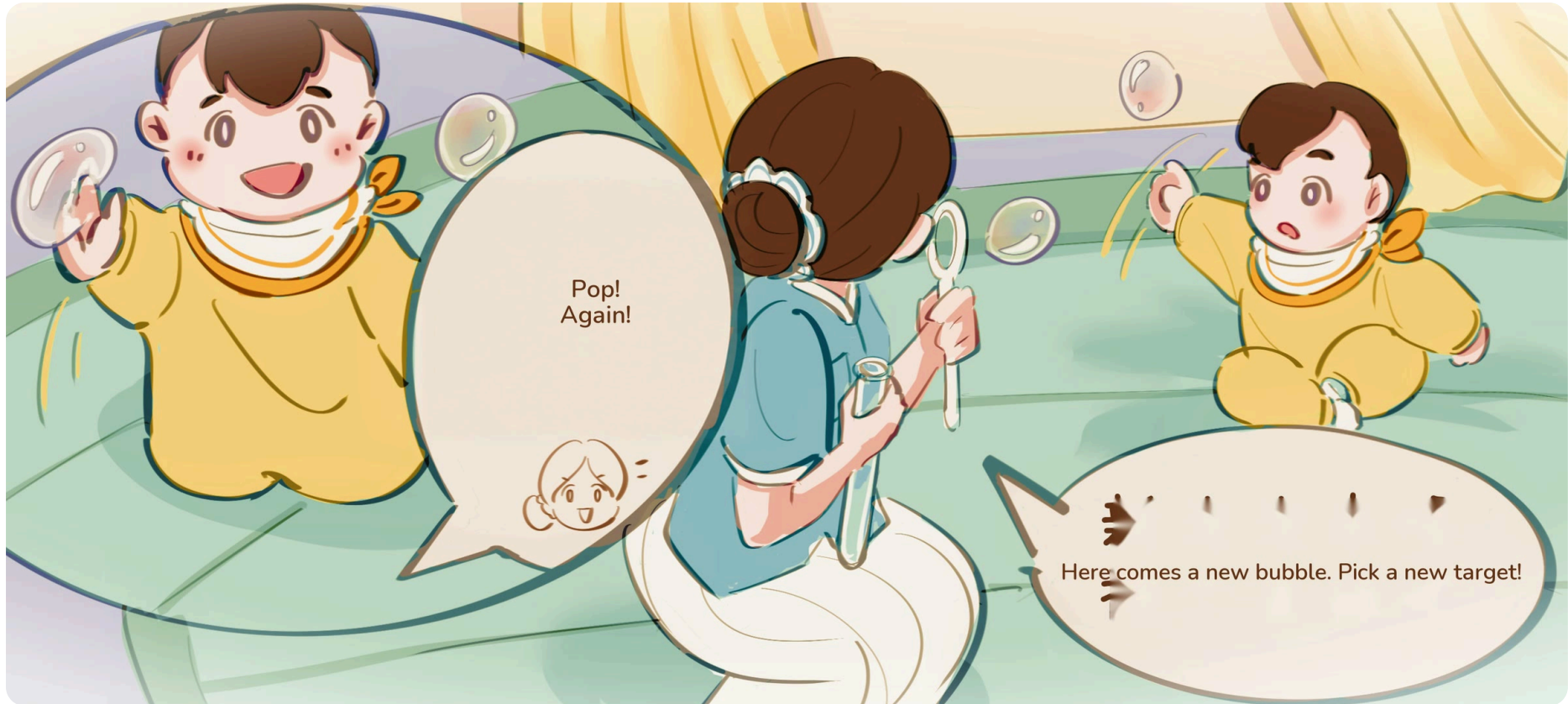
Blow one bubble and touch it gently so your baby sees it pop. Then send a few bubbles within reach and invite them to try. If a wave misses, offer another bubble and encourage the next attempt.

Observations

- ☐ Waves a hand toward a bubble without being guided
- ☐ Swats when a bubble floats within reach

Tips

- If a miss leads to frustration, soothe your baby and offer a lower, closer bubble that is easier to reach.
- If your baby does not reach yet, guide their hand through one gentle pop so they can experience the action.



I Popped It!

When your baby pops a bubble, celebrate the exact action. Then vary the direction or height to offer another reachable challenge. Keep following their interest as repeated attempts become a longer game.

Observations

- Reaches and pops a floating bubble
- Tries to pop one bubble after another

Tips

- Excitement after reaching a target and a clear wish to continue can be an early sign of #ATL-CSR.
- Once the reach is familiar, let the next bubble move a little faster.