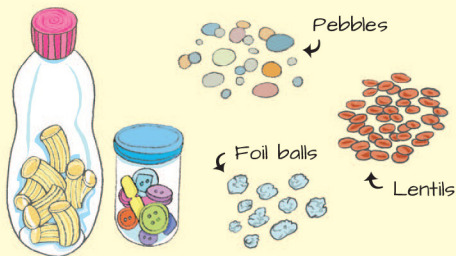


Shake a rattle



Most babies love the noise a rattle makes. To begin with you will have to shake the rattle until your baby is able to hold it.

- To make a rattle, put some dried beans or rice in a plastic container. Replace the lid tightly and then tape it securely before shaking it.
- You could try making two or three rattles using different containers and other fillings, such as coins, buttons or pasta.



Check the rattles regularly to make sure the lids are secure.