

# Gross Motor

## Activities to Help Your Baby Grow and Learn



Baby is gaining strength right from the beginning. He practices lifting and controlling his head. He moves his arms and legs. Soon he will be able to roll from his back to his side. He likes being held so that his feet gently touch a surface. He likes to be held in a sitting position so that he can strengthen his back and tummy muscles and see what's going on.

### Position Changes

When baby is awake, place baby in different positions, such as on her stomach or side. This will allow baby to move her arms and legs in different ways or directions. This also will strengthen baby's body and make her view more interesting.

### Kicking Practice

Place baby on his back on a firm surface. As you talk quietly to baby, encourage him to move his legs. Hold a foot in each hand and gently move his feet back and forth.

### Heads Up

Put baby on her stomach. Dangle a bright toy in front of her, or make faces and sounds to encourage your baby to lift her head. Then give her a big smile. While you walk with your baby's head by your shoulder, pass by a bright curtain or picture. Give her time to lift her head and look: "Wow, little one, look at that! Your neck is so strong!"

### BathTime for Two

One special way to bathe baby is with you. Enjoy gently massaging his legs, arms, tummy, and back. Allow baby to kick and splash as you hold him safely and talk and sing a little bath time song.

### Balancing Act *(about 3-4 months)*

Stand baby on your knees. With your hands around her little body, gently hold her in a standing position. Let her support as much of her own weight as she can to help her strengthen her legs and gain balance. Hold her so she looks at you, and then smile. Next time hold her so she's looking out. There's so much to see!

### Roll Over

Encourage baby to roll from his stomach to his back by holding a bright toy in front of him and slowly moving it over to the side. You may need to help him roll over with your hand until he can do it himself.

### Pretty Pull-Ups *(about 3-4 months)*

Place baby on your lap facing you. Pull her up slowly by her arms. Then, gently lower her in an up-and-down game. Talk to her as she moves up and down. This will help to strengthen stomach muscles and let baby see the world and your smiling face from a different point of view.

Notes:



**Don't Forget!** Activities should be supervised at all times by an adult. Any material, food, or toy given to a young child should be reviewed for safety. Always watch baby when she is on her stomach or in water.