

Gross Motor

Activities to Help Your Baby Grow and Learn



Your baby gets stronger every minute. She now holds her head up and looks all around at everything that's going on. She is learning to sit by herself, even though at first she uses her hands for support. She loves standing while you hold her. Soon she will be able to pull herself up.

Floor Time

Spread out a quilt on the floor or outside in a shaded spot. Put your baby on the blanket on her tummy with a few of her favorite toys and encourage her to stretch, scoot, roll, squirm, or wiggle her way to the toys. Be sure to give some time for baby to be on her back, too.

Sitting Pretty

Help your baby sit alone. Sit behind him and give him some gentle support. A big sister or brother could also do this. At first, baby might want to help hold himself up with his hands. Later baby can hold a toy or a book. Whisper in his ear that he is a wonderful baby! As he learns to sit by himself, you can give him less help.

Bouncy Baby

Hold on to your baby's hands and help her stand up. Have fun bouncing up and down while she's standing on the floor, the sofa, or your lap. Sing a little bouncing chant: "Bouncy, bouncy, bouncy, stop." What fun!

Stand-Up Play *(about 7 months)*

Your baby may enjoy standing up while holding on to tables and chairs and reaching for different objects. Remove breakable items from low tables or shelves, and line up some of his favorite toys to reach for.

Little Explorer

Now that baby is learning to crawl, she'll want to explore the whole house: "What's under the table? What's behind the chair?" Make sure the areas where she can explore are safe and clean. What good exercise for both of you!

Obstacle Course *(about 6-7 months)*

Once your baby has started to crawl, you can make a simple obstacle course of pillows and blankets for your baby to crawl across and around.

Kitchen Helper

As your baby gets better at sitting alone, give your baby a small pan or pot lid and a spoon to play with. Baby will enjoy the noise as he bangs it, pats it, and rolls it.

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 closely when baby is on her tummy.