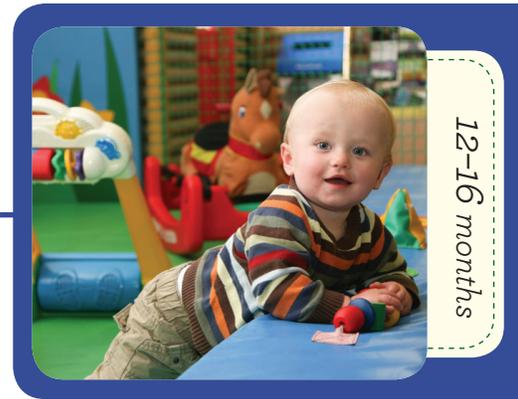


# Gross Motor

## Activities to Help Your Baby Grow and Learn



By now your busy baby can move around the house quickly. She may be standing by herself, walking while holding onto furniture, or walking well on her own. She will try to climb up steps, so your watchful eye is very important. Baby loves to push and pull things and is getting stronger every day.

### Let's Go for a Walk

Your baby will love going for walks and seeing new things. Talk to her about what you are seeing. In an open area, let baby push her own stroller. She will enjoy the feeling of power as she moves something big all by herself. Be sure to watch that she keeps the stroller where it is safe.

### Row the Boat

Let your child experience rocking on a rocking horse or in a chair. Sit him on your lap and use your body to rock back and forth. Play with him sitting opposite you on the floor. Hold hands and gently pull and push him to and from you. Sing a little song, such as "Row, Row, Row Your Boat," while you rock back and forth.

### Moving Day

Give your baby a box large enough to push while standing. Show her how to fill it with a few toys, small cartons, or boxes. Let her push these things around the room from one area to another. She may want to take everything out. If so, show her how to put it all back in again!

### Have a Ball

Your baby will enjoy playing with balls. You can sit across from him and roll a ball to him. Encourage him to roll it back. Clap your hands when he does. If the ball is big and soft (e.g., beach ball with some of the air out), he may be able to "catch" it by stopping it when it gets to him.

### Finger Walk

Take a little walk with baby holding on to your finger. Baby can choose to hold on or to let go. Talk to baby about what you see and where you're going: "Let's walk over to those plants. Let's walk down the hall. You're a good walker!"

### Dance Party

Play some fun dancing music and show baby how to dance! Wiggle and turn, clap, and stomp your feet. Try lots of different kinds of music. Wave around some scarves and ribbons. Get other family members to join in. Have a dance party.

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.