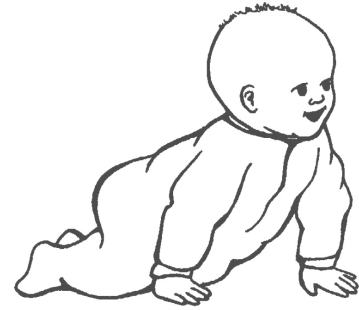




Gross Motor

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 to his side from his back. 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 a different position, on her stomach or side. This will allow baby to move her arms and legs in different ways or directions. Always watch baby when she's on her stomach.

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 them 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.

Bath Time One special way to bathe baby is in the tub 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 bathtub song.

Balancing Act (about 3–4 months) Stand baby on your knees and 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.

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 help him roll over until he can do it himself.

Pretty Pull-Ups (about 3–4 months) With baby on your lap, pull baby 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.



1–4 months