



# 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 on to furniture, or walking well. She will try to climb up steps, and 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's 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 of 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.

**Tunnel Time** Drape a sheet or bedspread over a table or two chairs so that it becomes a tunnel. Encourage baby to crawl through. "Come on through." "There you go." "You made it!" Siblings will have fun playing this game, too.

**Roll a Ball** Your baby will enjoy playing with balls. You can sit across from her and roll a ball to her. Encourage her to roll it back. Clap your hands when she does. If the ball is big and soft (like a beach ball), she may be able to try to catch it.

**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 flowers," "Let's walk down the hall," or "You're a good walker!"

**Dance Fever** 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. Have a dance party.



12–16 months