



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 bearing her weight on her legs and will soon pull to stand.

- Floor Time** Spread out a quilt on the floor or outside under a tree. 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. He 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. Isn't that fun?"
- Stand-Up Play** At 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 can crawl, she'll want to explore the whole house! Make sure the areas where she can explore are safe and clean. "What's under the table? What's behind the chair?" What good exercise!
- 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.
- A Shiny Pot Lid (7-8 months)** As your baby gets better at sitting alone, give your baby a pan or pot lid to play with. He can see himself in the pan as he bangs it, pats it, and rolls it.



4-8 months