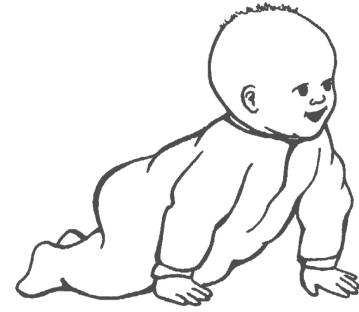




# Gross Motor

Activities to Help Your Baby Grow and Learn



This is a very active period for your baby. He's now pulling up on furniture, crawling and creeping into places he couldn't reach before, and getting ready to walk. In fact, he will probably walk holding on to your hand and attempt a few steps without your help. Baby is on the move.

**Money in the Bank** Save round metal ends from frozen juice containers or lids from jelly jars to use as "money." Now that your baby can sit alone, let her put these round things into a clear container. Then shake the container and make a great noise. Dump them out and put the "money" in the bank again.

**Kick, Kick** When you are changing your baby's diaper or getting him ready for bed, play this game. As your baby kicks his legs, sing in rhythm to the kicking. When your baby stops kicking, stop singing. When he starts again, start singing. This will develop into a fun game of stop and go. Your baby not only exercises his muscles, but he gets to be the boss.

**Reaching for Fun** If your baby is pulling himself to a standing position, put some of her favorite toys on a low table and let her stretch way out to reach them. This will give her practice with reaching and balancing. She will also be learning about ideas such as near and far.

**Rain, Rain in the Tub** Get a small empty plastic container, put some holes in it, and let your baby fill it with water during bath time. Help him hold it up and discover "rain" for himself while you supervise.

**Walking Practice** Once your baby has started to walk, she will want to practice a lot. Show her how to hold on to a lightweight chair or stool and push it around the room. Sturdy cardboard boxes also make great push toys, as does a stroller. Let your baby push a stroller when you go for walks.

**Tunneling** While folding laundry, throw a sheet over a table or the backs of two chairs. Let your little explorer crawl into the "tunnel." When he's out of sight, call him. Then, greet him with surprise when he finds you.



8-12 months