

Keep Things Moving! Indoor/Outdoor Gross Motor Activities

Birth-6 Months

Change Positions: Infants should play on both their stomachs and their backs. This gives them the opportunity to experience the world from different angles. Place their favorite toys in front of them to encourage them to engage with their environment as well as strengthen their body's muscles. Place objects to the right or left of her to begin to encourage rolling over from side to side.

Pull-ups, Standing and Sitting Pretty: Around 3-4 months begin to help your child to balance on their legs by gently pulling them to standing and supporting them once they're on their legs. This will help your child gain strength in their legs that will help as they learn to sit on the all fours, crawl and eventually walk. By helping them sit they will gain core strength that will help them learn how to better control their bodies as their muscles continue to develop.

6 Months- 12 Months

Bouncing and standing: Continue to work with your infant to develop their large muscles by supporting them while standing and sitting. Remember to make sure the environment is safe!

Explore the environment: Once your baby starts to move begin to set up obstacle courses! Set up safe spaces in your home or outside and ask them to see what is under the table, behind the tree. Allow them to begin to explore safe, everyday items like tupperware, spoons, and everyone's favorite...pots and pans!