

Activity 5: Up, Down, Up, Down



Activity 5: Building your baby's muscles and balance is what this activity is all about. Your baby will enjoy this interaction he has with you while developing his gross motor skills as he goes "Up, Down, Up, Down" and crawls, scoots, or wiggles on the ground.

What does it build? Gross motor skills

Materials: Parent's arms and legs, pillows or sofa cushions, and oversized stuffed animals

How to Play:

1. Start this activity off by sitting in a chair and standing your baby on your bent legs while you hold his hands (or under arms to provide more balance and stability). You will help your baby move from a standing position to a crouched down position as you say "*Up, down, up, down*". Repeat again and again.
2. Next, move to the ground where you have laid several pillows, cushions, or oversized stuffed animals. You will show your baby how you can crawl up, over, and down the objects to get to the other side.
3. Now position your baby on one side of the pillows, and you will move to the opposite side (maybe with your baby's favorite toy – as a motivator). Encourage your baby to come to you while you talk, play, and make it a fun game for your little tike.

