

0-1 YEAR OLD GROSS MOTOR

0-6 Months

- 0-6 month babies have jerky movements and will start rolling over
- Let baby play in tummy time; sing, show baby toys, make funny faces
 - Gently help baby roll on to their back or tummy as they reach for toys

6 Months

- 6 month old babies start sitting up and possibly crawling
- Rock back and forth and side to side with baby sitting on your lap
 - Show baby how to crawl then leave toys just slightly out of reach

9 Months

- 9 month old babies start to cruise on furniture
- Leave toys along your furniture (like the couch) for baby to cruise toward
 - Set up an activity table (like a coffee table) for baby to cruise around

12 Months

- 12 month old babies may start taking their first steps
- Practice walking on many surfaces (carpet, grass, sidewalk)
 - Have baby push an approved walker (see our Amazon page)

Extras

- Babies 0-1 love movement
- Gently rock your baby while singing or holding a stuffed animal
 - Let baby feel movement on stroller walks or riding on your hip

