**Get Your Motor (Skills) Running**

**A little give and take**

****

Put a graspable object (such as a rattle) in your baby's hand and tug on it very gently. This activity helps build muscle as your baby resists your efforts.

**Finger food fun**

****

With the approval of your pediatrician, finger foods are great for fine-motor practice, making each eating experience a fun learning time. Encourage your baby to pick up bites of fruit, cereal, or vegetables. Demonstrate how to do this and praise every successful snack.

**Tug of War 6 to 9 months**



**Material**

Small clothing items (i.e. scarf, bib, washcloth, sock, etc.)

**Directions**

Place your infant on his or her back. Hold onto a piece of clothing or fabric about eight to 12 inches away from the infant’s nose and encourage him or her to grab it. Pull lightly so the infant tight- ens his grasp. Try hooking two bibs together. When the infant

pulls hard enough, they will pull apart. Be surprised and excited

**Bring out the blocks**



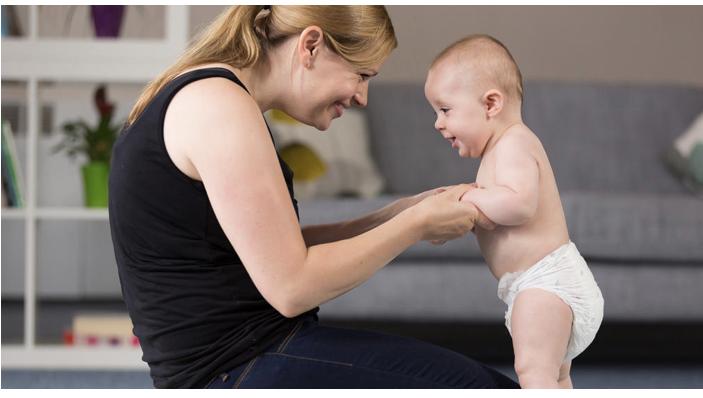
**Material**

Soft blocks or Small Cardboard boxes

**Directions**

Create a tower of blocks that is out of reach and encourage your little one to crawl and knock it down.

**Take a stand 4-7 months**

****

**Directions**

gently pull your baby to a standing position, and encourage him/her to bounce up and down with your support. You can sing to get your baby moving or you can play a song of your choice. This simple activity will help prepare your baby for walking.