

Infants

Physical Development

Standards:

- **Gross motor skills**
- **Fine motor skills**
- **Self-help skills**
- **Health and safety skills**





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Infants

Fine motor skills

Gain control of hands and fingers
as they:

- Put fingers to mouth
- Bring a toy placed in their hand to their mouth
- Grasp an object, let go, and grasp again
- Transfer an object from one hand to the other
- Dump out objects from a container
- Reach out and feel an object

Begin to coordinate motions using eyes
and hands as they:

- Look at their fingers and hands
- Reach for an object and bring it to their mouth
- Hold a block in each hand and bang them together
- Crawl toward an object and pick it up
- Put a one-piece knob puzzle together

Activities and Strategies for Development

Shake, Rattle, and Roll



- Get a clean, soft, and flexible infant rattle made of terry cloth or plastic.
- Lay the infant on his back on a soft mat.
- Lean over the baby and gently shake the rattle so he sees the rattle and hears the sound.
- Say in a soothing voice, “Can you hear the pretty sound? Can you reach it? Yes, reach for the rattle!”
- As the baby responds and raises his arms, place the rattle in the center of either of his hands.
- When the infant grasps the rattle, you can let go.
- Continue to make eye contact with the baby and say, “Can you shake the rattle? Shake, shake, shake!”
- As the infant waves his arms, he will aim the rattle toward his face to explore it with his mouth too!
- Continue to talk with and respond to the baby as long as he wants to play with the rattle.

Having a Ball!



- Put out three balls of different sizes and textures along with a low basket or plastic tub.
- For example, use a large, smooth beach ball that the infant can roll or hold using her palms.
- Use another small, soft and spongy ball that the infant can grasp with one hand.
- Use another medium-sized ball that has a bumpy, textured surface that the infant can hold with both hands.
- Give the infant plenty of time to manipulate these balls with her fingers and hands.
- While the infant is watching, take one of the balls and toss it in the basket you have placed next to the infant.
- Observe to see if the infant follows your example and tosses one of the balls into the basket.

Special Needs Tip

For a child who does not sit independently, prop him in a supported sitting position to play with the balls. The different textures are excellent for tactile stimulation.