

# Helpful Learning Activities for Infants 8-12 Months Old

## Focus on: *Gross Motor Development*

### Crawling Into and Out of a Box.

Find a big box that your baby can crawl into and out of. Stay close by and talk to your baby about what she is doing: "You went in! Now you are out!"



### Dance to the Music.

Turn on a radio or stereo. Hold your baby in a standing position and let your baby bounce and dance. If your baby can stand with a little support, hold her hands and dance like partners.

### Play Ball.

Roll a ball to your baby. Help your baby, or have a partner help him roll the ball back to you. Your baby may even throw the ball, so beach balls or Nerf balls are great for this game.



### Standing at a Table.

Put toys on a sofa or sturdy table so that your baby can practice standing while playing with the toys.