

FAMILY FUN FACTS

Six to Twelve Months

Active play is important for the healthy growth of young children. Through play, children learn motor (moving) skills: to crawl, walk, run, hop, skip, jump, slide. Activity helps children to express feelings, to share, and to play together. And they also learn skills that help them with math, science and reading.

A love for activity is one of the most important gifts parents and child care providers can give to their children.

Active Exploration

Empty cardboard boxes, overturned chairs, clothes baskets, and chairs draped with blankets invite the child and adult to explore. *Crawl around, all about, over, under, in, and out.*

Samples of Physical Play Objects

Mobiles
Clackers
Crib gyms
Floor mirrors
Snap-lock beads
Pat Mat
Push and pull toys
3 inch chime bells
Low climbing platforms
Infant swings with restraining straps



Active Play Movement

Play
Release
Reach
Grasp
Walk
Crawl
Creep
Stretch



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Recommended Activities

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Bubble Burst

With the child in a reclining chair, blow bubbles within reaching distance of the child's grasp and show him or her how to pop the bubble.

Pretty bubbles in the sky
Pop each one as it floats by.

Row, Row, Row Our Boat

While sitting on the floor, position the child between your legs so that both of you are facing forward. Grasp a three inch dowel or a tightly rolled newspaper in front of the child's arms so that both of you are holding it. Gently reach forward and back in a rowing motion while saying these words:

Row, row, row the boat
Down the river together we float.
Pushing and pulling on our oar,
Sitting together on the floor.



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