

Helpful Learning Activities for Infants 12-16 Months Old

Focus on: *Gross Motor Development*

Encourage First Steps.

Hold your baby in standing position, facing another person. Have your baby step toward the other person to get a favorite toy or treat.



Make Pull Toys.

Make your own pull toy by threading yogurt cartons, spools, or small boxes on a piece of yarn or soft string (about 2 feet long). Tie a bead or plastic stacking ring on one end for a handle.

Minding the Gap.

Arrange furniture so that your baby can work her way around a room by stepping across gaps between furniture. This encourages balance in walking.

Obstacle Course.

Make an obstacle course with boxes or furniture so that your baby can climb in, on, over, under, and through. A big box can be a great place to sit and play.

Dancing to Music.



Most babies enjoy music. Clap and dance to the music. Encourage your baby to practice balance by moving forward, around, and back. Hold her hands for support, if needed.