

# Helpful Learning Activities for Infants 1-4 Months Old

## Focus on: *Gross Motor Development*

### Move to the Music.

With your baby securely in your arms or in a front pack, gently swing and sway to music that you are singing or playing on the radio.



### Tummy Time.

Place your baby on her tummy with head to one side, on a blanket or towel on carpeted floor. Lie next to her to provide encouragement. Until she has the strength, have her spend equal time facing left and right. Make "tummy time" a little longer each day. Closely watch your baby in case she rests her face on the floor, which could restrict breathing. As her strength grows, she will be able to lift her head and push up on her arms, leading to rolling and crawling.

## Focus on: *Fine Motor Development*



### Taking Hold.

Gently shake a rattle or another baby toy that makes a noise. Put it in your baby's hand. See if she takes it, even for a brief moment.