



# Physical Development at Home Infants (Birth - 15 months)

## How Children Learn

Infants use their senses to guide and integrate their interactions and movements. Motor development is closely linked to infants' language, cognitive, social, and emotional development.

## Activities & Experiences

Sing songs that involve movement. Hold your baby and dance together.

Help your infant look in the mirror and identify their body parts.

Lay a blanket or tablecloth on the rug along with objects or toys for your infant to grasp and explore.

Create opportunities for your infant to pull themselves up in a safe place.

Provide tummy time and back time to build strength and explore movement.

## How can we support exploration and social-emotional learning?

- Encourage your infant to move by placing exciting toys just out of their reach.
- Use vocabulary that labels body parts and movements.
- Imitate and expand on the movements of your infant (ex. If your infant claps their hands, you can expand on this experience by clapping your hands and singing "Open Shut Them").

You're looking at the toy! Can you get it?

You're touching your toes!

I can touch my toes too, and wiggle them!