

6 to 12 months

“what I like”

- To be mobile.

“what I can do”

- Pull my socks off my toes.
- Sit without support.
- Pass objects from one hand to another.
- Crawl.
- Cruise along furniture.
- Pick up and drop objects purposefully.
- Wave goodbye.
- Pick up small objects between my thumb and my first finger.
- Clap my hands together.



PHYSICAL DEVELOPMENT TIPS

- Provide nesting toys, blocks, balls and objects for your baby to shake, bang and roll.
- Roll a ball back and forth to your sitting baby.
- Provide low-level furniture so your baby can pull themselves up, stand and cruise along it.
- Play music for your baby to move to.
- Play simple finger rhymes such as Pat-a-Cake (if you don't know this rhyme, look it up on YouTube).
- Provide small pieces of food, for your baby to practice using their thumb and first finger in a pincer grasp.
- Blow bubbles for your baby to pop with both hands.

