

# Airplane Baby



**Age** 2 months or when child is able to lie on tummy and hold up his/her head.

**Materials** None

**Setting** Adult lies on his/her back on the floor with baby lying on top of the adult, facing each other. Place blankets or pillows around the sides of the adult so there is something soft for the baby to touch as the adult rolls from side to side.

**Description** As you are lying on your back on the floor, place the infant on your tummy, so that the child is facing you. Begin by holding the child with both of your hands on his/her back. Gently roll your body from side to side. This will cause the child to explore using his/her body to maintain a balanced position, thus contracting many muscles. As the child gains more control, let go little by little, to the point where you are barely holding on to the child as you gently roll from side to side. As the child gets older, you can make this a bit more 'rough and tumble' by holding onto the child and increasing your rolling motion from side to side. As you play this game, make the sounds of an airplane engine taking off and banking through the air.

## Learning Outcomes

**Large Motor Skills** Child begins to gain voluntary control of arm movements, using arms, legs and torso to maintain balance.

**Social Emotional Development** Child displays pleasure interacting with familiar adults, engaging in social games through playful, back-and-forth interactions.

**Did You Know?** Balance requires the use of many different parts of the body at one time. To fully balance, the body must learn to work its different parts together, contracting and relaxing various muscles to achieve the desired postures. As infants lay on the their tummies and move their arms and legs, they are working very hard, contracting numerous muscles while relaxing others, allowing them to achieve the constantly changing postures while achieving some sense of balance.

**Movement Milestone** Most children can lie on their tummies and hold up their heads to look around by the age of 1- 4 months.

**INFANTS**