

# Head, Shoulders, Knees & Toes



**Age** Birth +

**Materials** None

**Setting** A bed, couch or simply on the floor with a blanket placed under the child. Fun to play during daily routines such as diapering, dressing or bathing.

**Description** While playing, dressing and changing diapers identify body parts as you touch them on your infant. You can wiggle them, kiss them, slowly move them, etc., while saying, “This is your \_\_\_\_.” This activity can also be done in a supportive seated position in front of a mirror.

## Learning Outcomes

**Social Emotional** Child responds to familiar adults’ interactions and engages in social games with familiar adults through playful back and forth interactions.

**Language and Literacy** Child begins to listen to words with understanding and begin to understand labeling body parts as part of interactions with adults.

**Large Motor Skills** Child explores gross (large) motor movement and begins to gain control of arm and leg movements.

## Did You Know?

Infants express themselves using verbal and nonverbal cues such as crying, laughing, turning their heads away and/or reaching for a familiar adult. If the infant is laughing or cooing, respond to this cue by continuing the activity. If the infant begins to cry or turns his or her head away, he or she may be over stimulated and need a break from the activity.

## Movement Milestone

At one month, an infant usually can raise his head and lift his chin up from the floor or bed.

INFANTS