

## It's Never Too Early to Start Walking



**Age** 2 months +

**Materials** None

**Setting** Flat surface (floor, coffee table, or counter). Practice weight bearing during daily routines such as diapering and dressing.

**Description** Hold infant in a standing position facing you on a smooth surface. Observe infants feet. They should be flat on the surface with knees flexed. Infant should be able to bear weight for at least three seconds. If he or she is unable to do so, then just keep practicing.

### Learning Outcomes

**Large Motor Skills** Child engages in gross (large) motor activities building skill in coordination and balance.

**Did You Know?** When an infant actively explores a safe and supportive environment, he or she begins to develop coordination, balance and body awareness. Infants develop gross motor skills such as waving arms, kicking legs, rolling over, sitting up, crawling and cruising. Caregivers can support gross motor development by encouraging movement exploration and providing ample floor time. Play imitation games with him or her to facilitate the development of body awareness and large motor skills.

**Movement Milestone** Infants usually stand up on their own by holding furniture between 5 and 9 months.

INFANTS