

Let's Get Moving



Age 5 months

Materials None

Setting Caregiver sitting against a supportive surface such as a wall or couch.

Description Caregiver sits against a supportive surface with legs extended. Place the infant on their belly across your legs. His or her hands and knees should touch the floor. While in this position, gently bounce the infant. Try lifting one of your legs up and down, rocking the infant back and forth.

Variation: Place infant on his or her belly over pillows and rock him or her back and forth so he or she is weight bearing on hands and knees. This can also be accomplished by using a small ball and rolling back and forth.

Learning Outcomes

Large Motor Skills Child begins to develop gross (large) motor skills and builds skills in coordination, balance and body awareness. Child is developing foundation for later crawling.

Did You Know?

Infants crawl in a variety of ways. Some coordinate their arms first and then move legs. Others infants move the limbs on one side of the body and then the limbs on the other side. Many infants move both arms and legs, coordinating movement of an arm on one side with the leg on the other. While this is the best pattern for balance, over 25 crawling patterns have been identified. Some infants skip crawling altogether and go from seated scooting to cruising and walking.

Movement Milestone

Between 9 and 11 months, infants usually learn to crawl.

INFANTS