

Pre-Wheelbarrow Walk



Age 7 to 8 months

Materials Playground ball, peanut ball or pillows

Setting A carpeted or cushioned surface

Description Place infant on his or her stomach over a ball or roll. Hold his or her legs apart with knees straight and rolled slightly outward. Roll the infant forward so that most of the infant's body weight is on his or her arms. As the infant becomes more stable, you can put toys or manipulatives in front of them. See if he or she will pick one up to secure an object. This is a pre-requisite to crawling (weight shifting).

Learning Outcomes

Large Motor Skills Child begins to develop gross (large) motor skills and builds skills in coordination, balance and body awareness. Child imitates activities involving gross motor movement and gains voluntary control of arm and leg movements.

Small Motor Skills Child engages in activities that require eye-hand coordination and handles objects with growing skill.

Did You Know?

Children's development progresses from top-to-bottom and from inside-to-outside. As the baby's brain and muscles mature, and as she practices moving, her achievements center on progressively lower parts of the body, eventually leading to walking. With each new posture that is mastered (lifting the head, sitting, crawling, walking, etc.), the world looks different. With each new perspective, new cognitive developments are afforded.

Movement Milestone

At 8 months, infants roll over repeatedly. If they are not yet crawling, infants roll to get where they want to go.

INFANTS