

Shake, Rattle & Roll



Age 6 to 7 Months

Materials Rattle

Setting Infant sitting on your lap with a rattle on the table in front of them

Description Place a rattle in the infant's hand and ask them to shake it. Once they are able to do this, shake rattle back and forth and place on a table. Infant should pick up the rattle and shake it on his or her own. Increase the challenge by partially covering the rattle with a piece of cloth or put the rattle in a sock with part of the rattle exposed.

Learning Outcomes

Fine Motor Skills Child increases eye-hand coordination to reach for and grasp objects. He or she begins to develop small motor skills through playing with toys and materials.

Scientific Knowledge Child gains knowledge about the environment through observation and physical manipulation and explores strategies to create a result (shakes rattle to see if it produces a sound).

Did You Know?

Grasping develops throughout infancy from swiping at objects with little control to use of a pincer grasp to pick up small objects. A major obstacle to smoothly executed reaching is lack of control of the arms when the infant begins to reach. Observe a baby in a "baby gym" and you will see him kicking the hanging toys before he begins reaching with his arms and hands. You will notice that feet have a more limited range of motion than arms thus children discover muscle patterns for "reaching" with feet first. Improvement in reaching depends on practice. Children must learn to coordinate different parts of their arms, such as the shoulder and elbow regions. This improves as control of the trunk and other systems improve. For example, once a child develops stable sitting, he or she doesn't need to focus on balance and can better coordinate the action of the upper limbs and trunk in reaching.

Movement Milestone

Between 6 to 8 months, infants usually sit unsupported for brief periods.

INFANTS