

So Big



Age 4 to 8 months

Materials No materials – unless the infant requires support for sitting, in which case you should use pillows to prop up the child up in a sitting position.

Setting Sitting together on the floor

Description Sit on the floor facing your child. Begin by raising your arms above your head as you say, “So big,” and then bring your arms back down. Repeat this a few times until you have the infant’s attention. Make silly faces and add some fun noises as you interact with your child. Next, hold onto the infant’s hands, raise his/her arms above his/her head, and say, “So big.” Lower his/her arms and let go for a second, then hold his/her hands again and repeat. Repeat, going back and forth between first you just showing the motion and then you doing the motion with the infant. Eventually the child will learn to do the motion when you say the words.

Learning Outcomes

Large Motor Skills Child begins to gain voluntary control of arm movements, as he/she gains control of his/her torso to maintain a balanced sitting position.

Social Emotional Development Child displays pleasure interacting with familiar adults, engaging in social games through playful, back and forth interactions.

Did You Know?

Since balance requires the use of the entire body in a systematic manner, it can be very tiring for an infant to maintain for long periods of time. As an infant works to balance, he/she is constantly contracting many muscles (way more than are needed); this constant contraction is inefficient and therefore results in fatigue. Imagine if you used your entire body, contracting every muscle, each time you moved; you would tire very quickly, too.

Movement Milestone

Infants typically figure out how to sit upright somewhere between 4 to 8 months.

INFANTS