

# Stretch Those Arms



**Age** 3 months on

**Materials** A rattle

**Setting** Bed, couch, blanket on the floor, etc.

**Description** Place the infant on his or her back. Shake a rattle in front of the infant about eight to 12 inches away from their nose. Shake the rattle until the child extends his or her arms toward the rattle.

## Learning Outcomes

**Approaches to Learning** Child uses initiative, curiosity and persistence to learn about the world. He or she explores the environment through movement and the use of senses. He or she looks towards sounds.

**Large Motor Skills** Child begins to gain voluntary control of arm movements, using arms purposefully to reach for objects

**Small Motor Skills** The child handles objects such as rattles with growing skill that are large enough not to be a choking hazard.

**Did You Know?** Infants learn through exploration. They use their eyes, mouth, and hands to explore large and small objects that are within their reach. Over time, actions become more purposeful and eye-hand coordination increases. Caregivers can support infants' exploration by providing toys and materials with a variety of textures, sounds, tastes, sizes and weights. Toys can be both manufactured items and household ones such as pots, pans spoons, etc.

**Movement Milestone** At 6.5 months, infants can usually sit in a high chair and grasp a dangling object.

INFANTS