EXPERIENCES TO ENCOURAGE THE DEVELOPMENT OF A

4 TO 6 MONTH OLD

INFANT

Adapted from Sunrise Skill Builders: You Are Your Child's First Teacher, 1998

COMMUNICATION

What to encourage:

Deep tones grunting and growling

Activities to try:

- Tell baby what you are doing while bouncing him on your knee
- Use a puppet with different tones in your voice
- After baby makes a sound make a statement back to baby like "oh really" or "tell me more" etc....
- Sit baby in front of a mirror to talk to self

 Try to guess what the baby is talking about with questions like "does that taste good" or "do you

want that toy"

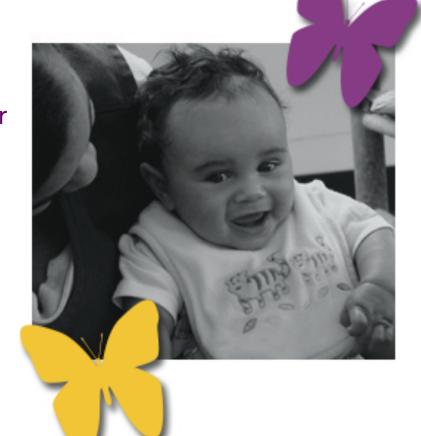
 Talk out loud to the baby about what you are doing. "I am changing your diaper" or "does the powder feel cold" etc...

What to encourage:

da, ga, ka, and la

Activity to try:

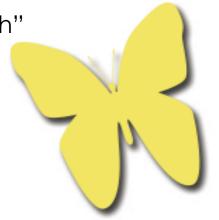
 Emphasize double consonant sounds all during the day like, ma ma, da da, uh oh, or bye bye







- Respond to the babies babbling by naming what they are doing or playing with, "yes, that is your toy"
- Make a sound into a cup and then let baby try
- Elongate their names. "Eee-lizzz-a-beeeth"
- Make smacking sounds with your lips and tongue



GROSS MOTOR

What to encourage:

Strengthen arms and back

Activity to try:

- Lie on your back and lift baby up supporting his middle this should cause the baby to stiffen
- Sit on the floor with baby in your lap then lean her off your lap to reach for a toy
- Lay baby on his chest on a round pillow and roll back and forth so that his hands touch the floor

What to encourage:

Rolling from tummy to back

Activity to try:

- Place baby on side and offer toys, use a pillow to support the back if needed
- Show baby a toy while she is on her tummy encouraging her to turn over
- Tuck baby's arm under him and pat his bottom to encourage him to turn over



FINE MOTOR

What to encourage:

Grasping and holding toys

Activity to try:

- Touch baby's mouth with a toy
- Hold out a toy to baby and talk about it "what is this" or "here is your rattle" or "take it"
- Touch baby's hands with a toy and drop on the floor or on his chest if he is on his back





PROBLEM SOLVING

What to encourage:

Reaching for objects

Activity to try:

 Sing a song and bang a toy on the floor just within baby's reach

- When baby is on her back put toys on both sides so that she has to turn and reach
- Shake a toy and drop it just out of reach of baby

