

# 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

