

Obstacle Course

Instructions:

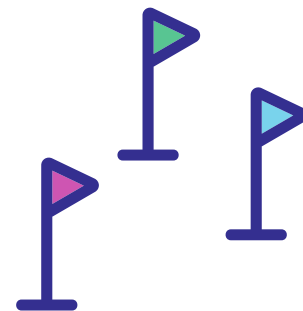
1. Arrange pillows and other obstacle course items you would like to create an obstacle course for the baby. Move a chair for him or her to crawl around. Move any tables for baby to crawl under.
2. Observe and describe your baby's actions as he or she crawls around, over, under or pulls up.
3. Play follow the leader. Include your family in the course.
4. Talk with your baby about what he/she is doing. Join in, make it exciting by pretending to chase him or her. Mirror your baby's emotions; laugh when your child laughs.

Materials:

- Pillows
- Boxes
- Laundry
- Basket
- Any additional household items or toys

How to extend activity:

- Continue to practice activity at home to strengthen your child's development.



What they learn:

Motor: Your baby is planning movements. Your child is making their body move the way he/she wants. Your baby can go up, pull up, or go fast!

Language: When you talk about the baby's actions going under, over, around as your baby learns position words.

Cognitive: Your baby is developing the ability to think about more than one thing at a time. This is necessary to accomplish the complex task of walking.