



Kick It!

Experience

This experience supports the development of your child's crawling and walking skills. During this experience, it is important to talk to your baby and explain to them what you are doing.

To begin: On the floor, lay your baby on their back, on a blanket and verbalise your actions. Have a rattle or even newspaper sheet within kicking distance of your infant's feet.

Talk to your baby, and gently guide their feet towards the rattle or paper so their feet touch and make a sound. Encourage them to kick the paper/rattle, and show excitement when they kick it and make a sound.

Learning benefits

- Develop gross motor (large muscles-leg)
- Strengthened abdominal muscles
- Increase sensory awareness (sight, sound, and touch)



2 - 5 mins



Birth - 6 mnths

Materials

Blanket
Object (rattle or paper)

Hints and Tips

Indoors or outdoors

Safety:

Supervise infants at all times during this experience