

By 13 months your baby may be able to...

- ✓ Pull up to a standing position
- ✓ Cruise along furniture
- ✓ Grab blocks and drop in container
- ✓ Throw objects

By 24 months your baby may be able to...

- ✓ Stability when walking and running
- ✓ Improved coordination with throwing objects overhead
- ✓ Equilibrium reaction mastered

Gross Motor Skills for your 13-24-month-old

Gross motor skills are the first movements your baby will master. They are large movements of arms, legs and body.



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Building a Tower

Items needed

- Pillows, shoe boxes, or other stackable items will be lined up on the floor

Activity:

- ❖ Child will grab one pillow, shoe box (or stackable item) from floor
- ❖ Child will move with the item to an open area
- ❖ Child will stack the items, one on top of the other (tower can be created as tall as the child wants)
- ❖ Once child is done “building the tower”, child can run to it to knock it down and start again!

High-High Five

Items needed

- Stairs

Activity:

- ❖ Child will climb 1 stair by holding caregiver’s hands
- ❖ Once child is on top of the first step, caregiver will let go of one hand
- ❖ Child will high five the caregiver’s free hand while still safely holding on to the other hand
- ❖ Do step again by switching hands
- ❖ Child can Patty-Cake caregiver on a regular surface floor

Catching the Bubbles

Items needed

- Bubbles
- Chair

Activity:

- ❖ Caregiver will blow bubble from on top of the chair
- ❖ Child will reach to catch the bubbles by holding on to the wall or furniture

“Think and wonder, wonder and think.”-

Dr. Seuss

References:

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