

Up and Down

Age: Explorer (8 - 18 months)

This activity helps your child's development in this domain: Physical

What You Need:



None

What To Do:

1. Get down on the floor with your baby. Hold her hands in your own and gently raise her arms up above her head. Then bring them back down. As you move her arms, say,
Up, down.
Reach up, reach down.
Touch the sky, touch your toes.

Variation:

1. Lie down on the floor on your back. Put your hands securely under her armpits or around her chest. Slowly and gently lift her up and down. Talk about what you're doing, "Up you go, down you go!"
2. Sit on the floor. Stand her up on your knees, holding her under her armpits. Gently bounce her up and down. Make up a silly song while you do this, such as "Bouncy, bouncy baby! Up and down you go!"

Safety Alert: To prevent accidental falls, hold on to your child securely under



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her armpits when lifting her. Do not swing your baby by her arms; this type of action could hurt her. Avoid sudden movements that could scare her.

