

# Sock Tug

Age: Explorer (8 - 18 months)

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

## What You Need:



- A long sock
- Pillows

## What To Do:

1. When your baby is able to sit upright, sit on the floor with him in front of you.
2. Place pillows around him to help support him.
3. Help him grasp one end of a sock as you hold the other end.
4. Gently pull the sock towards you.
5. Encourage him to pull the sock towards him so that the two of you are rocking back and forth.
6. Talk about what you're doing.

Safety Alert: Do this type of activity in an area that is open, away from furniture that has sharp edges or corners.

