

Use Your Feet

Age: Infants (0-8 months)

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

What You Need:



- Materials with different textures (e.g. furry, silky, bumpy)

What To Do:

1. Gather a few materials with different textures such as a fuzzy robe, silky scarf, and bumpy mat.
2. Hold the infant up over the fabric and let his feet feel the different textures. Talk to baby about what he is experiencing, "You are stepping on the fuzzy robe. It feels soft."
3. Older infants may use their whole bodies to explore the textures. This will help baby to learn body awareness by using their sense of touch.
4. Change the materials with assorted textures to enhance this activity.

