

6 to 12 months

Move with me



PHYSICAL DEVELOPMENT TIPS

- Provide nesting toys, blocks, balls and objects for your baby to shake, bang and roll.
- Roll a ball back and forth to your sitting baby.
- Provide low-level furniture so your baby can pull themselves up, stand and cruise along it.
- Play music for your baby to move to.
- Play simple finger rhymes such as Pat-a-Cake (if you don't know this rhyme, look it up on YouTube).
- Provide small pieces of food, for your baby to practice using their thumb and first finger in a pincer grasp.
- Blow bubbles for your baby to pop with both hands.



6 to 12 months



“what I like”

- To be mobile.

“what I can do”

- Pull my socks off my toes.
- Sit without support.
- Pass objects from one hand to another.
- Crawl.
- Cruise along furniture.
- Pick up and drop objects purposefully.
- Wave goodbye.
- Pick up small objects between my thumb and my first finger.
- Clap my hands together.

* Did you know?

Crawling is an important developmental milestone and movement such as swinging, spinning and rocking helps to develop your baby's sense of balance.

This leaflet is from a series of seven, each leaflet covers a different age range, from birth to four years plus. Children develop at their own rates and in their own ways. The ages are suggestions of typical ranges of development. If you have any concerns about your child's physical development, speak to your GP, health visitor, or someone at your Sure Start Children's Centre.

You can find all the leaflets and links to other useful websites online at

www.surreycc.gov.uk/earlylearning 

