

Move Your Head



Age Birth to three months

Materials A musical toy

Setting Do this on a bed, couch or simply on the floor with a blanket placed under the child.

Description Place the infant on his or her back. Place a musical toy or rattle on either side of the infant's head and shake it or make noises with it. The infant should turn his or her head in the direction of the toy.

Learning Outcomes

Approaches to Learning Child uses initiative, curiosity and persistence to learn about the world. He or she explores the environment through movement and the use of senses. He or she looks towards sounds.

Did You Know? Caregivers can nurture initiative and curiosity in infants in a variety of ways. First, provide a safe, natural space for children to explore. Allow wide open areas for gross motor movement, including an area at least 5' x 8'. Avoid confining spaces such as playpens, cribs, car seats, swings, and exersaucers. Provide a variety of materials and experiences that encourage exploration, movement and hands on discovery (mirrors, rattles, bells, activity boxes, soft boxes, open containers to fill and empty). Toys and materials should be in a variety of shapes, sizes, textures and weights.

Movement Milestone At 2 months, an infant can usually raise his chest up off the floor or bed