


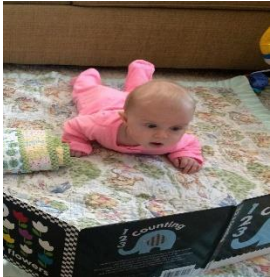






## Intervention activities to improve gross motor skills

### - ( 0- 6 ) Months

N.	Activity Name	Picture	Description	Purpose
1	Tummy Time activity		Place the child on a roll pillow (or a rolled blanket) and put toys in front of him to let him reach and play	For trunk & arm muscles strengthening
2	Follow the sound		Use a rattle or a music toy to make a sound besides the baby's head to let him turn toward the sound, and try to catch the toy.	For strengthening the neck & arm muscles
3	Kicking objects		While the baby is laying on his back, put and stabilize a board or a paper under the baby's legs to push it. Or just use your hands to push his feet.	For leg muscles strength
4	Tummy time with picture book		Place the baby on his tummy on a blanket with putting a contrasting colored book with attractive pictures so the baby lifts his head with trying to support the trunk using hands	Improves trunk & head control to help in improving crawling & creeping
5	Push and Pull the toy		Attach a string on some toys and encourage baby to pull the string and then push the toy away. You have to help your baby and model the play.	Strengthening muscles to improve crawling & creeping

## Intervention activities to improve gross motor skills

### - ( 6- 12 ) Months

N.	Activity Name	Picture	Description	Purpose
1	Sitting Activity		<p>Use a vertical surface toy and let the baby sit to play. Start with giving little support until sitting independently using hands for support.</p>	<p>For posture control to enhance balance</p>
2	Cruising Along for Treasures		<p>Tape 'treasures' to the wall with tape so the baby cruises along, reaching up and pulling them off one at a time.</p>	<p>To transfer from creeping into standing and walking</p>
3	Cruising activity		<p>Put a toy at the end of the sofa before placing the child at the beginning of it. The child will walk by holding the sofa to reach for the toy.</p>	<p>To improve walking and balance.</p>