



Everything Moves

Your child observes everything and often asks the question, "How does that work?" It is important to listen to your child's question and help him discover how things move.

INFANT:

- Set up objects for your baby to crawl over, under, and around to help her learn more about the world. Pile a group of pillows on the floor for her to crawl over. Put her beside a table that she can crawl under. Crawl backwards and see whether she can imitate you. Place a toy on a low chair to encourage her to crawl to the chair and reach for the toy.
- You will need a small ball and an empty coffee can for this game. NOTE: Be sure that the coffee can has no sharp edges. Sit the baby on the floor and place the coffee can in front of her. Place the ball in the baby's hand and hold it over the can. Open her fingers to let the ball drop into the can. When you hear the ball hit the bottom of the can, say, "Boom." Repeat this several times, and soon the baby will drop the ball all by herself. You may need to help the baby retrieve the ball.

TODDLER:

- Blow up a balloon. Then toss the balloon back and forth with your child. Ask your child, "How is the balloon moving? Is it moving fast or slow?" Do the same with a ball or stuffed animal. Ask your child again, "Is it moving fast or slow?"
- Have your child observe different animals outside. Talk with your child about how the different animals move. For example, a bird flies, and a dog walks. Then ask your child to act out the movements with you.
- Make a ramp out of wood plank or board. Place a small object (a stone, small car) at the top of the ramp, and let go of it. Have your child observe the different motion and speed of the objects.

PRESCHOOLERS:

- When you're in the car with your child, give her a small checklist of things to look for. For example you can say, "While we are driving, look for a bike, an airplane, a bird or a motorcycle." When your child sees one of the objects talk about how it moves.
- Take large magnets and ask your child to walk around the house to see what they stick to. When your child finds something that the magnet sticks to, ask your child why he thinks this happens to some things and not others.
- Have your child sit on one end of a see-saw. Have another child (or you) sit on the other end of the seesaw. Explain to your child that the see-saw is a lever, which allowed the person on the opposite end to be easily lifted into the air.

Book Suggestions

Things That Go! Julie Aigner-Clark. Baby Einstein, 2005.
Forces Make Things Move. Kimberley Brubaker Bradley. HarperCollins, 2005