

# Body builders



# Let's Dance

**P**ut on some music and dance with your child! At first you might hold him in your arms and let him feel the rhythm of the music as you stomp your feet or sway from side to side to the beat of the music. If your child is walking, let him try some moves himself. Stomp your feet, clap your hands, turn around in a circle, shake your head – make simple moves your child can copy. If your child is not walking yet, give your child an instrument to play, such as two cups he can bang together, or a sealed container filled with rice or beans to shake. Bang and shake along with the music together. Even if your child is hard-of-hearing or deaf, this activity will help him feel the beat of vibrations.

*This activity will build your child's big muscles and coordination.*



# Over, Under, Around

**M**ake an “over, under, around” obstacle course for your one year old. You can use chairs, pillows, a line of tape on the floor, play equipment – anything safe for your child to walk around, climb on or crawl over. For example, you could start with a stack of pillows to crawl over, then drape two chairs with a blanket to crawl under, then line up a few objects to walk in and out of, such as more chairs, pillows, or baskets. Put a piece of masking tape on the floor at the end of your obstacle course for your child to crawl or step over. You will need to be the leader, showing your child how to go through the obstacle course, and cheering her on. If you have older children, she will have fun following them through the course too. Make up a silly song to sing together while you go through the obstacle course!

*All the movement in this fun activity helps your one year old's body grow strong, and helps her become coordinated and learn about balance.*



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one year old

# Pull Ups

**A**s your child is learning to stand and walk, you can help him by giving him practice pulling himself up and walking around an object. Find a sturdy table or box or other piece of furniture that is a good height for your child to stand next to and walk along, using it as a support. Help your child grasp the edge of the furniture or box, and pull himself up. Then help him walk around it. Be careful of any sharp corners, since your little one may be unsteady! Encourage him and make it fun by singing a song as he goes around and around and clapping at his progress.

*Your one year old is practicing walking, and learning about balance and support.*



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one year old

# Toy Pick Up

Once your child is walking, make a game of picking up and setting down toys. Clear a space on the floor where you can set up several toys in a line. Make two lines on the floor out of masking tape or string: one at one side of the floor space, and one at the other side. Find five brightly colored toys or stuffed animals that are light enough for your child to pick up. Place the toys on the ground along one of the lines and stand with your child at the other line. First, walk with your child to the toys. Help her pick up one of the toys and take it back to the other line and set it on the ground. Repeat this action until you have picked up each of the toys from one line, and placed it on the other line. Let your one year old do this activity by herself if she can and wants to. Then count each of the toys together and talk about them with your child.

*This activity helps grow your child's leg and arm muscles, and helps her balance, as she learns to bend from a standing position and pick up a toy, and then stand up again.*



# Pushing and Pulling

**A**s your child gains confidence walking, he will enjoy pushing and pulling objects around the room. Find an object that is light enough for your child to push.

It could be a shoebox filled with something light, or a child-size chair or stool, or a large toy truck – anything that moves easily. Show him how to push it around the room, pretending it is a car or train and making motor and honking noises. Then give him something to pull – like a pull toy, or a bag with handles that is filled with something like blocks. You could poke a hole in a shoebox and attach a string to it and fill it with toys for your child to pull around the room.

*This activity builds your child's muscles and coordination.*



# No-Cook Play Dough



ere is a recipe for play dough that doesn't need cooking. Mix together:

**1 cup flour**

**1/2 cup salt**

**about 1/2 cup water**

**(enough for the dough to mix together)**

If you want, you can add a few drops of food coloring to the mixture. Once you have mixed the dough, let your child squish and roll and poke her fingers into the dough. Show her how to roll it into a ball or a long rope. Give her some safe tools from the kitchen to pound with and make patterns. As she grows, she can form letters or numbers, or use cookie cutters to make shapes.

*This activity will strengthen your child's hand muscles, and help her learn to use each finger separately.*







# Climbing Stairs and Chairs

**Y**our little one will want to climb, so help him do it safely! Start by helping your child climb up stairs. If he is not walking yet, help him crawl from stair to stair making sure he doesn't fall, but letting him do most of the work of climbing. Climb just a few stairs, for safety. Then, show him how to climb down the stairs, legs first. As he starts to walk, hold his hand and help him climb, taking each step as slow as he wants to. At first, let him use his hands to climb up the stairs instead of holding your hand. As he gains more confidence, help him walk up and down stairs holding your hand, and eventually, holding onto the wall or a rail by himself.

If you don't have stairs nearby, go through these same steps of helping your little one climb in and out of a chair safely. If you do have stairs at home, make sure your child is safe from falls by putting child safety gates at the top and bottom of the stairway.

*Climbing up and down stairs or chairs builds your child's leg and arm muscles, and helps him learn about balance.*



# Throwing Things

**H**elp your one year old practice throwing things. If you have a lightweight ball, help her hold it, and then go through the motions of throwing. As she learns this motion, let her throw the ball to you, and hand it back to her to throw again and again. (She will probably not be able to catch a ball yet.) Give her lots of practice throwing. For example, if you have an old newspaper or magazine, let her help wad the pages into balls, and then let her practice throwing the paper balls into an empty wastebasket.

*Your one year old is learning coordination when she practices throwing an object, and also strengthening her arms and upper body.*



# Jumping

**A**s your child gains confidence in walking and with his balance, practice jumping together. Holding him firmly and gently, first help your one year old jump up and down. Say jump when you help him lift off the ground. Use small motions that let him learn about jumping without being rough. When he is ready, encourage him to jump by himself. You can make jumping fun by jumping to music, pretending to be an animal that jumps like a bunny, or by counting and jumping.

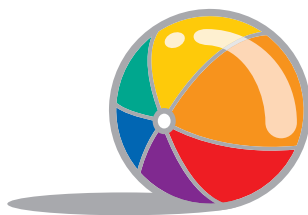
*Practicing jumping teaches your one year old about motion and balance, and strengthens his leg muscles.*



# Kick a Ball

Help your one year old practice kicking a ball. Find a lightweight ball and first show your child what happens when you kick the ball gently. Then set the ball in front of your child and help her swing her leg behind her and kick the ball. Walk or run together over to the ball, and place it in front of your child again. Help her kick it again and again. Kicking a ball back and forth is not a skill your child will master until three years or older, but this early practice can be a fun experience if you don't expect too much. When she kicks the ball, talk about how far the ball went, and how she is learning and tell her what a great job she is doing.

*Your one year old is learning coordination when she practices kicking the ball, and also strengthening her body and learning about balance.*



# Notes