

Month 2: Walking & Running Infant Activities

Pre-gait Suggestions:

- Provide the infant with the opportunities to pull herself to standing positions using support.
- Place toys on a low table or floor so the child must pull to stand to get the toy or lower in a squat to retrieve the toy from the floor. They may use the table for support.
- Have the child stand on an adult's lap providing support at trunk and waist.

Now that we're walking ...

- Let the child walk with the support of the sofa, table or bed.
- Cardboard Box: Toddlers love to push around a large cardboard box, then climb in and out of them
- Walk the child without support of objects with his/her arms outstretched with a wide base at the feet.
- Give the child the opportunity to walk on even and uneven surfaces...sloping hills, driveways, etc.
- Create simple obstacle courses using couch cushions or foam blocks that the child has to walk over or around
- Wagons: provide the child with a small wagon in which he can fill and pull around the room or yard
- Push toys: Pretend lawn mowers, grocery carts or other push toys are great.
- Pull Toys: You can always make a pull toy out of stuffed animals or play trucks by securely tying a small rope around the toy. Pulling a toy will also promote sideways or backwards walking as the child wants to look at the toy while he's moving it.

Moving up in the world!

- Body climb: Facing the child hold tightly onto their hands. Help them walk up the front part of your legs, then back down again. Bend your knees to protect your back muscles.
- Allow your child to climb up stairs on all fours by creeping or scooting.
- Make stair ascending and descending movements with support from adult.
- Ascend and descend front door steps one at a time (both feet on each step) then progress to using alternating forward foot (one foot per step).

Run & Dance

- Make running movements, while holding his or her hand.
- Clap and dance to music. Encourage child to practice balance by moving forward, around and back. Provide support if needed. While dancing, have the child hold and play a musical instrument – maracas, tambourine, bells, etc.
- Blow bubbles and encourage your child to run, chase and pop them with his feet or hands. While visually following the bubbles, your child will be moving his head and changing direction of movement, challenging upright balance skills ... and it's lots of fun too!!
- Walking & moving action songs:

The Stroll

Come, let's stroll
Stroll across the floor
Come, let's stro-oh-oh-oll
Stroll across the floor
Now turn around, baby
Let's stroll once more

Feel so good
Take me by my hand
I feel so goo-oo-oo-ood
Take me by my hand
And let's go strolling
In wonderland

Strollin', strollin' aah-huh-uh
Rock and ro-uh-oh-oh-oh-oh-llin'
Strollin'
Well rock my so-oul
How I love to stroll

There's my love
Strolling in the door
There's my lo-o-o-ove
Strolling in the door
Baby, let's go strolling
By the candy store

Ring Around the Roise

(Children hold hands and dance around in a circle)

Ring around the rosies
A pocket full of posies;
Ashes, Ashes
All stand still.
(Children hold still)

The King has sent his daughter,
To fetch a pail of water;
(Children hold hands and dance around in a circle)
Ashes, Ashes

All fall down.
(Children fall to the floor)

The bird upon the steeple,
Sits high above the people;
(Children hold hands and dance around in a circle)
Ashes, Ashes
All kneel down.
(Children kneel)

Two Little Duckies

Two Little Duckies I once knew
a fat one a skinny there were two
but the one little duck with the feathers on he back, he ruled the rest with his
quack quack quack

Down the river they would go
wibble wobble two and fro
but the one little duck with the feathers on his back, he ruled the rest with his
quack quack quack

References:

Canadian Child Care Federation, Canadian Institute of Child Health. (2004). Moving and growing (2nd ed.). Physical activities for twos, threes and fours. Ottawa (ON): Canadian Child Care Federation and the Canadian Institute of Child Health.

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