



My First Reach

Place a favorite toy just beyond reach and let your baby try again.

Helps Your Child Grow



Gross Motor

Lifting the head, turning, and reaching toward a toy gives your baby practice using large muscles to move closer to something they want.



Reasoning and Problem-Solving

Changing body position when the toy is too far away gives your baby early experience responding to a simple distance problem.

Steps

- Place your baby on their tummy with a favorite toy nearby and sit facing them.
- Set the toy just beyond easy reach and let your baby try different body positions to move closer.
- If the first reach misses, pause and offer time for a second attempt.
- If the toy remains too far away, slide it slightly closer and invite another reach.
- Try toys with different shapes, such as a rolling ball and a block that stays in place, and notice whether your baby changes how they reach or grasp.
- Across repeated attempts, your baby may use a head lift, turn, or body shift to close the distance.

Tips

- Adjust the toy's distance and angle to your baby's current ability, and respond warmly to each attempt.

Observations

- ☐ Lifts or turns their body while trying to move closer to the toy
- ☐ Reaches repeatedly and grasps the toy