



Here Comes the Ball

Push and catch a ball together so your baby can track its changing position and adjust their body to reach it.

Helps Your Child Grow



Gross Motor

Pushing, catching, and turning to find the ball encourages your baby to adjust their body to the ball's changing position while using large-muscle movements.

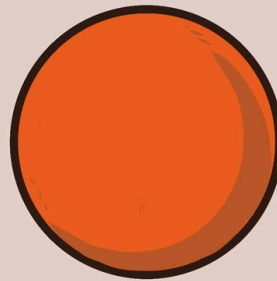


Emergent Mathematical Thinking

Watching where the ball travels helps your baby notice distance and direction and adjust their attention as its position changes.



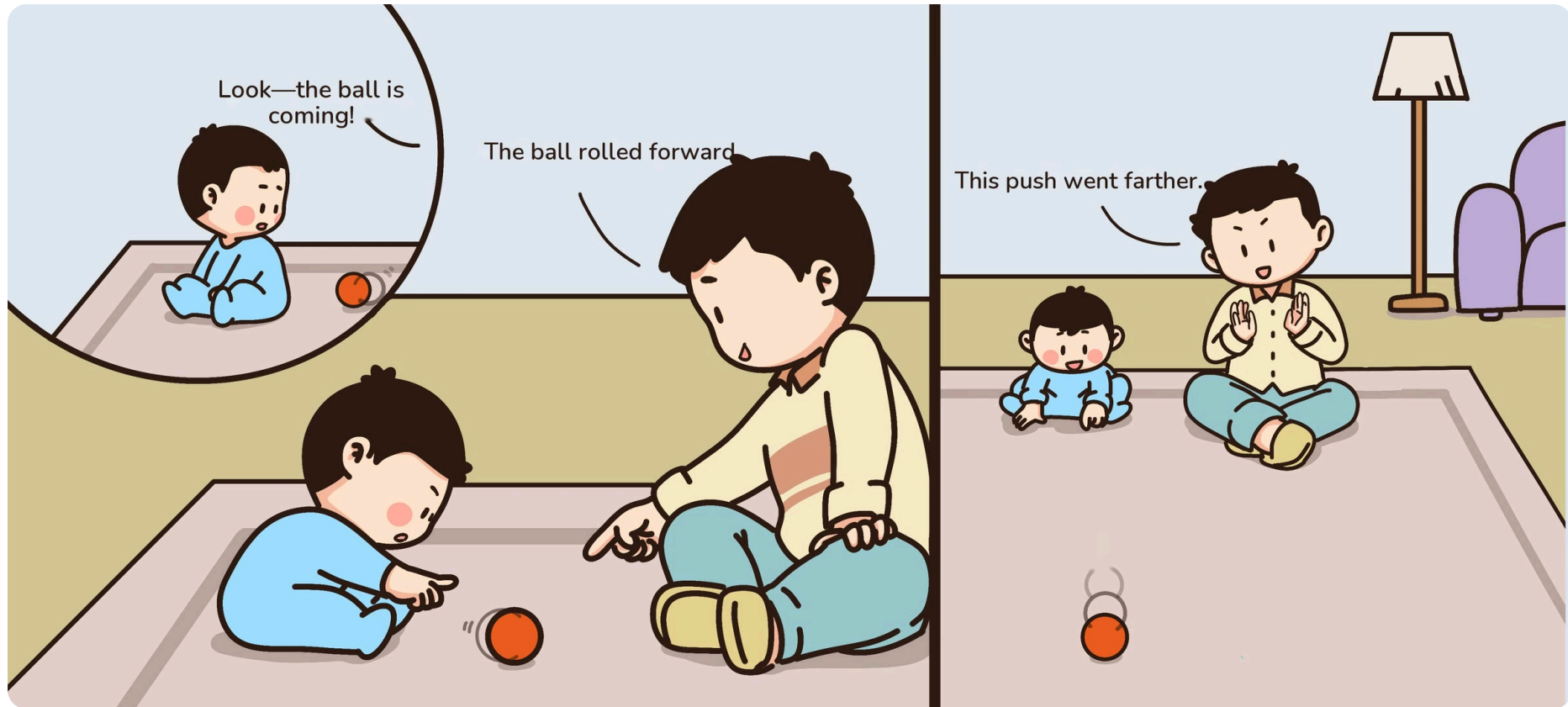
What You'll Need



Small Ball

What You'll Need

1. Your baby's soft toy ball



Push the Ball Away

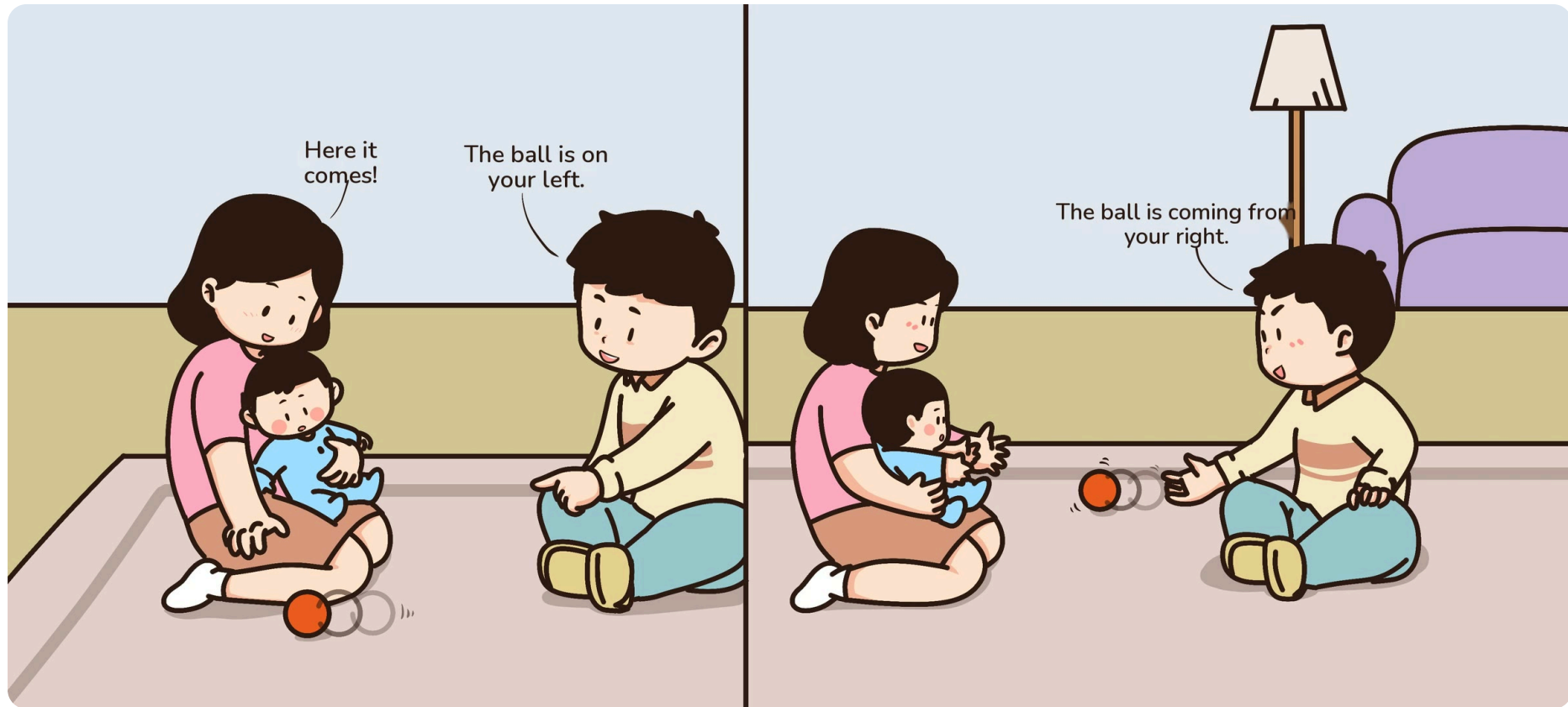
Place the ball near your baby and invite them to push it away. Return it and repeat. As the ball rolls, narrate whether it went far or stayed close.

Observations

- Looks toward the ball after hearing you say, “Here comes the ball”
- Sits down and reaches out to push the ball

Tips

- Use “far” and “close” as the ball moves so your baby hears each word with a visible change in distance.
- Different pushes send the ball different distances. Give your baby time to repeat the action and adjust how they use their body.



Catch the Ball from the Side

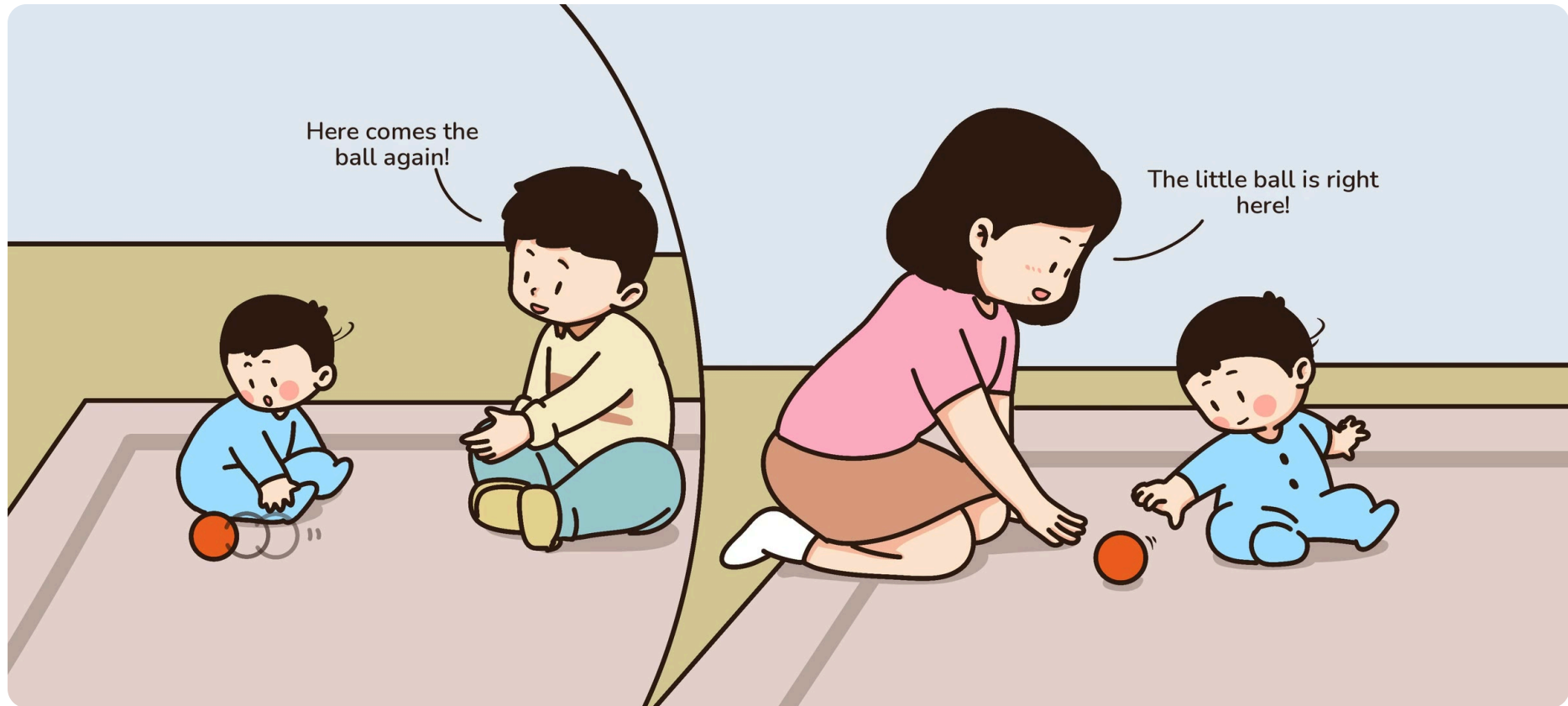
Sit facing your baby and slowly roll the ball toward one side of their body. Invite them to turn and reach for it. Alternate sides so they can try both directions.

Observations

- Tracks the rolling ball with their gaze
- Reaches out to catch the rolling ball

Tips

- At first, another caregiver can sit beside your baby and help them join the back-and-forth game.
- Looking toward the ball is already a response, even before your baby reaches or catches it. Say, "You saw the ball!"
- Adjust the direction and speed of your roll based on your baby's response so the ball remains possible to reach.
- If your baby loses track of the ball, point to it to help them find its new position.



Turn and Find the Ball

If the ball rolls past your baby, point to it or pat the mat nearby. Give them time to turn, locate it, and bring it back so the exchange can continue.

Observations

- Twists their torso and reaches in the direction the ball is moving
- Plays ball with you for a while

Tips

- Turning to retrieve the ball asks your baby to notice where it is, decide how to move, and coordinate the movement needed to reach it.