



Sing and Step Together



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Hold your baby's hands, walk slowly, and add a familiar song so early steps come with music and connection.

Helps Your Child Grow



Emergent Literacy

Bringing songs into everyday life helps your baby learn familiar melodies and notice rhyming or repeated words.



Gross Motor

Holding your baby's hands while you sing and walk gives them practice stepping and building gross-motor strength in an encouraging setting.



What You'll Need



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1. A familiar walking song or action song



Ready to Take Some Steps

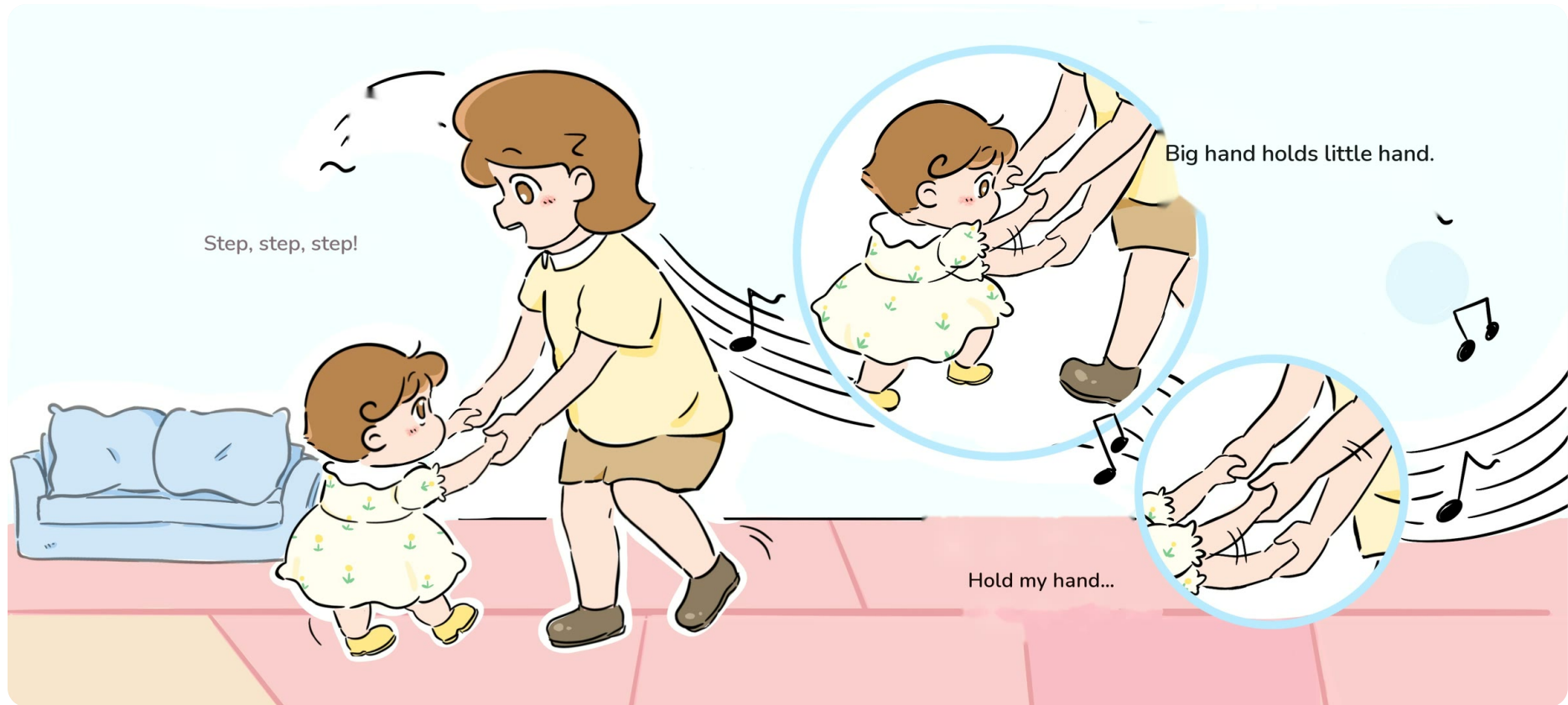
When your baby shows that they want to walk and tries stepping forward, respond to their interest. Gently hold their hands and walk together. Once the movement begins to feel familiar, add music to make it even more fun.

Observations

- Takes a few steps while holding onto the couch
- Looks toward you after hearing your invitation

Tips

- Around twelve months, babies often pull up on furniture or adults and become excited to try a step forward.
- Try holding your palms up and letting your baby place their hands on yours. Offer light support so they can do more of the standing themselves.
- Your presence turns walking practice into a meaningful, interactive, and enjoyable experience.



Walk Along with the Song

Sing as you walk together, changing each “step and move” with the music so your baby can feel the song through their body. Stretch out a repeated or rhyming word and add a simple arm movement to make the pattern easier to notice.

Observations

- Steps to the rhythm with your support
- Walks around the room with your help

Tips

- Hold your baby's hands and slow your steps. Match one step to one beat or repeated word in the song.
- Pause during other parts of the song, then move again when the repeated or rhyming words return.



Take the Song Outside

Sing the same song while walking at home or outdoors. Once your baby knows it well, pause just before a familiar repeated or rhyming word. Keep singing it together - one day, your baby may surprise you by joining in.

Observations

- Responds to familiar words in a favorite nursery rhyme
- Enjoys listening to you sing

Tips

- Bring the song into everyday routines and let your voice accompany your baby as they grow.
- A familiar melody makes it easier and more inviting for your baby to join in with repeated or rhyming parts.
- A wave, an “oh” or “ah,” a nod, or even a steady look can be your baby’s way of joining. Respond by singing their action back into the song.