



A Little Reaching Challenge

Place a toy just within reach and watch your baby initiate the movement.

Helps Your Child Grow



Initiative and Curiosity

Placing a favorite toy just out of reach and responding warmly to each attempt encourages your baby to initiate exploration and keep trying.



Gross Motor

Reaching forward and adjusting their body position gives your baby practice using large muscles to move toward an object.

Steps

- Place your baby on a soft mat with a favorite toy just far enough away to require some effort.
- Stay nearby and let your baby decide when and how to reach.
- They may watch first, change their angle, or try several times. Give the attempt time before stepping in.
- Describe the action quietly: "You see it in front of you. How will you reach it?"
- If your baby looks at you, respond with a smile or a short cue: "Almost there."
- When they reach the toy, name the success: "You got it yourself." Your response shows that you noticed their effort.

Tips

- Each time your baby reaches, changes the angle, and tries again, they are actively acting on the world around them - an important sign of growing initiative.

Observations

- ☐ Looks up at you as if checking your response to their attempt
- ☐ Twists their body and reaches forward