

GROSS MOTOR ACTIVITIES FOR INFANTS AND TODDLERS

PLAYMAT TUNNEL

Once my twins started moving, our playmat quickly became a discarded object in the corner until I had this brainstorm one afternoon. This is another fun way to utilize a playmat once your kids are on the move.

Set Up:

Cover two sides with blankets to create a tunnel.

Activity:

I sat on the opposite side to encourage my babies to crawl through. It was a short, non-intimidating tunnel so with only mild encouragement they ventured through. Place other exciting objects on the opposite side of the tunnel to encourage them to crawl back and forth. Play peekaboo around the sides.

Clean Up:

Remove the blankets when you are done with playtime. This activity should definitely be supervised at all times.

DIY CLIMBING BOX

Babies love to crawl over, climb on, and push things. Instead of following them around saying “No” all day, I decided to make something that they could use. The idea to form when I watched my daughter and a diaper wipe box. For most of a day I watched her push it around and sit on it, suddenly...inspiration struck!

To Create:

1. I filled the box to the top with textbooks I will probably never read again and some newspaper both to add weight to the box and support it under my child's weight.
2. Then I taped it shut.
3. Covered it completely with duct tape. I attempted to make it look cute – not sure I succeeded.

My kids were thrilled. It has quickly become a fun heavy-work object to push, as well as a stool. Ours held up brilliantly through 3 years and 4 moves. Our twins used them endlessly for pushing, climbing on, or as part of an obstacle course.