



Human Jungle Gym

Handout A58



Other ways I can help my baby practice physical skills:

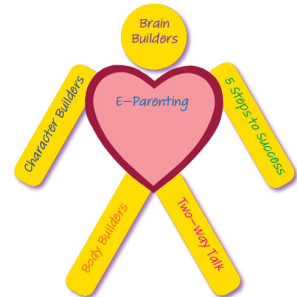
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Which Daily Do I want to focus on practicing:

- _____

When will we do this activity:

- _____
- _____



Who else can do this activity with my infant:

- _____

How to do this activity:

1. Use **Ready for Play and Learning** to see if your baby is ready to play and learn. Remember to use **5 Steps to Success** as you help your infant explore their natural curiosity during the activity.
2. If you're able, lie on your back or side on the floor. Check the area to make sure you're away from any furniture with pointy edges or other objects that could hurt your baby.
3. First, invite your infant to hold on to you for balance and use you as a human jungle gym! Encourage them to climb on you and use your body for pulling up to stand.
4. Then, when on your back, pull your own knees close to your chest. Lift your baby and place them on your legs between your knees and ankles facing you, holding them very **SECURELY** around their chest. Then move your legs up and down as you pretend to be a bird or airplane.