

# Choo! Choo!



**Age** 3 to 4 months +

**Materials** None

**Setting** Sitting together on the floor

**Description** Put on some fun upbeat music in the background, then sit on the floor with the baby sitting between your legs and leaning up against your tummy as you hold onto the baby's arms/elbows. Move the baby's arms in a circular motion like the wheels on a train. Begin making slow motions as you say "Choo Choo!" slowly, matching the speed/tempo of the motions. Gradually go faster and faster. Throw in a "Woo Woo!" as you lift the baby's arm to pull the train whistle.

**Variation** Once the child can sit without support and maintain his/her posture, this game can be played with the child sitting on a t-shirt on a wooden or linoleum floor. The child says the "choo choo" chant with the adult and does the choo choo motion with his/her own arms while the adult gently and slowly pulls the child across the space. Make sure you move slowly, so the child is able to maintain balance.

## Learning Outcomes

**Large Motor Skills** Child begins to gain voluntary control of her or his entire body.

**Social Emotional Development** Child displays pleasure interacting with familiar adults, engaging in social games through playful, back and forth interactions.

**Did You Know?** Landmarks or turning points in an individual's motor development are called motor milestones. Although the sequence or order in which infants develop these milestones is consistent, the timing of when each milestone is achieved differs among individuals. This means that although most infants will crawl before they walk, the actual time or age when they crawl or walk is individual-specific.

**Movement Milestone** Walking is not just something that automatically occurs, but instead is the result of a series of smaller milestones. This sequence of milestones begins with pulling to standing and standing by furniture, progresses to making individual stepping motions and walking with help, and finally progresses to standing and then walking alone. This sequence of events typically begins between five to 12 months, but progresses at an individual rate, with most infants walking by 17 months.

**INFANTS**