

Gentle Leg Bicycles

GROSS MOTOR | Ages 0-3 months | 3 minutes

About This Activity

Help relieve gas and promote motor coordination through gentle leg movements.

Materials Needed

- changing mat

Step-by-Step Instructions

Lay baby on back. Hold baby's legs gently and move them in a bicycling motion. Count or sing while you do this. Can help with gas relief and digestion. Do for 2-3 minutes, 2-3 times daily. Always be gentle and stop if baby resists.

Developmental Benefits

GROSS MOTOR, PHYSICAL