

Newborn Reflexes Play

GROSS MOTOR | Ages 0-3 months | 5 minutes

About This Activity

Gently stimulate natural reflexes like grasping and stepping to support neurological development.

Step-by-Step Instructions

Grasp reflex: Place your finger in baby's palm, they'll grip it. Stepping reflex: Hold baby upright with feet touching a surface, they'll make stepping motions. Rooting reflex: Stroke baby's cheek, they'll turn toward your touch. These reflexes are natural and disappear around 3-4 months. Gentle exploration only.

Developmental Benefits

PHYSICAL, COGNITIVE