

# Playing Catch

**P**ractice playing catch with your child. You can buy a soft ball from the store (bigger is better), or simply use a soft toy like a stuffed animal. Stand close to your child at first, and gently throw the ball into your child's arms. If he is having trouble catching the ball, show him how to put his hands out, stand very close, and gently drop the ball into his hands so that he can see how it feels to catch. Let him practice throwing the ball to you. Little by little, move back so that he can practice throwing and catching the ball from farther apart. If a ball is too heavy, you can play this game with a balloon. Because the balloon is lighter and takes longer to fall, it will be easier for your child to catch. (Be careful not to let your child put the balloon, or pieces of a popped balloon in his mouth. It can choke him.)

*Playing catch will help your child's muscles grow strong and build his eye-hand coordination.*



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three year old