



## Thinking Abilities and General Knowledge Activity for 6 to 12 Months

### Means to an End

**Materials:**

- Finger foods
- Towel

**What to do:**

1. During mealtime, place a piece of food (fruit, cracker, cookie) on the end of a towel so that the towel is within the child's reach but the object isn't. Encourage the child to get the food but don't show the child how to do it. Observe whether the child will pull the towel toward him to get the object. If the child has difficulty securing the food, show the child how to get the food by tugging on the towel or pulling it so that the food is within reach. Let the child try again.

**Variations:**

- A. Have the child try to get your keys or a favorite toy by pulling a pillow, blanket, or clean diaper.
- B. Select a shallow skillet with a handle and put it on the floor for your child to investigate while you are in the kitchen. Drop a piece of fruit or cookie into the pan, which should be out of the child's reach with the handle within reach, and pointing toward him. Say, "Get the apple." Encourage the infant to pull the handle to retrieve the fruit.

