



# Movement for Babies



Westmorland  
& Furness  
Council

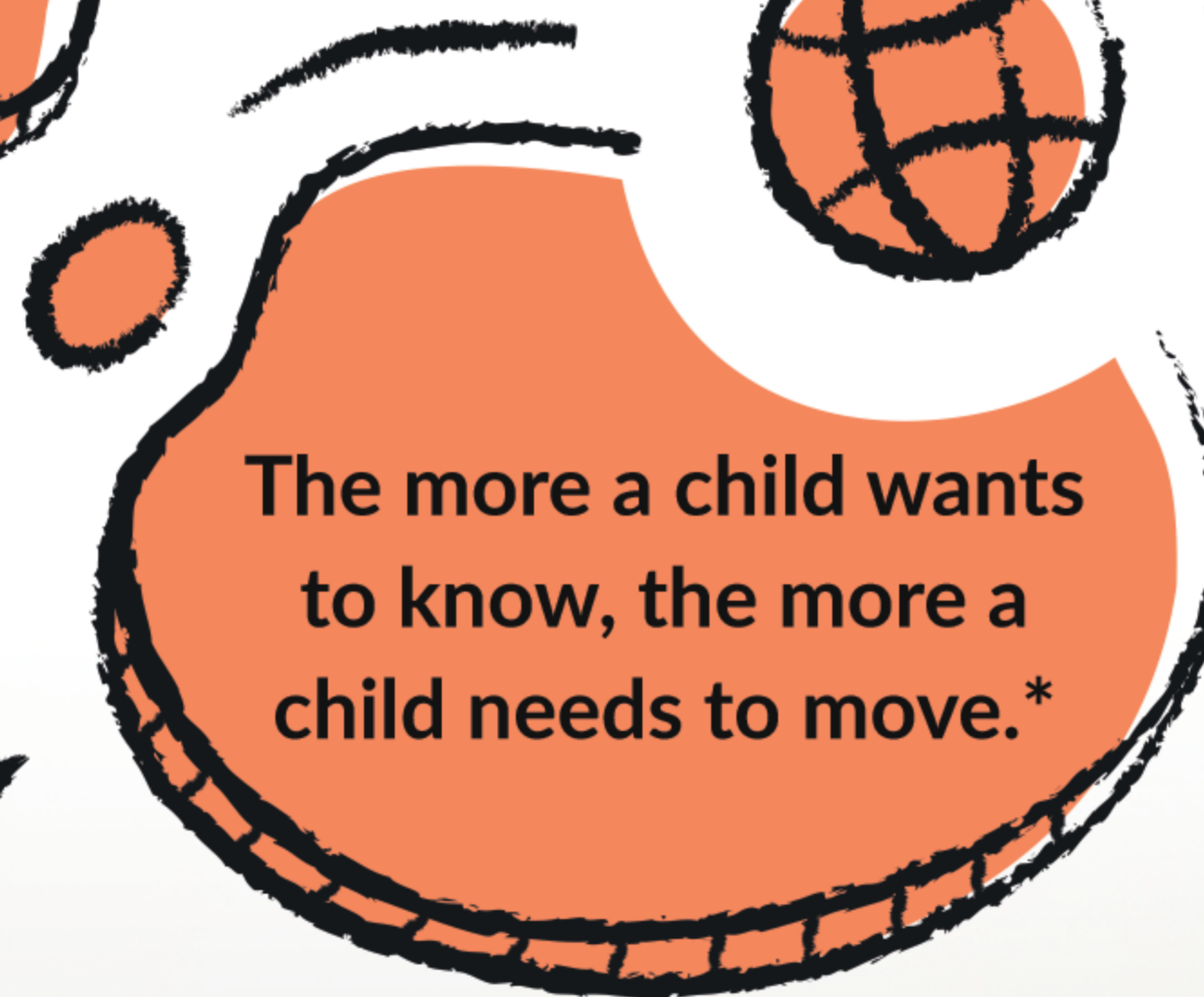
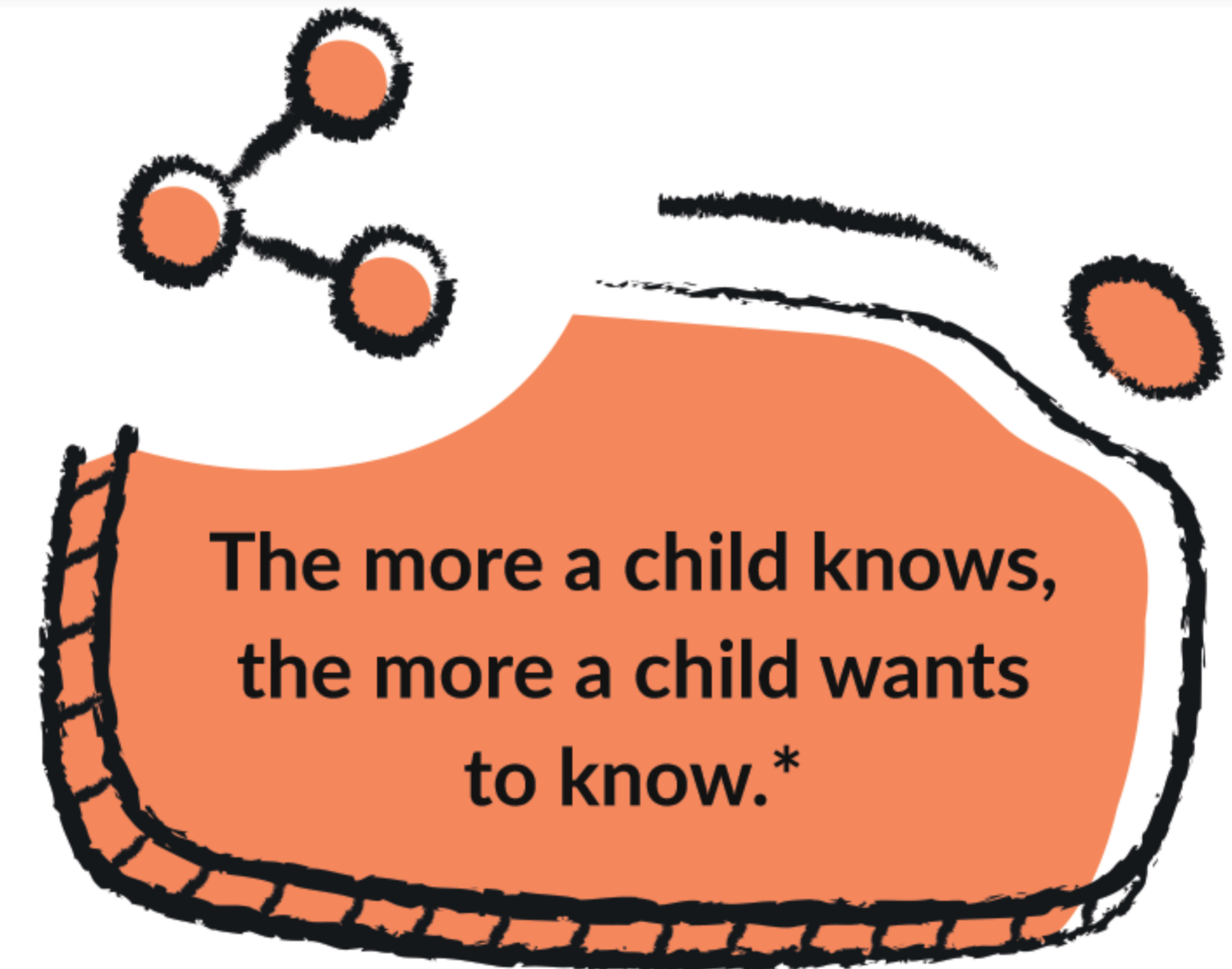


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## The Why



As soon as your baby is born they start exploring the world through movement. Stretching out to see how long they are, rolling over, stretching to reach a toy and experimenting with how things feel, often by putting them in their mouth. Movement helps children to learn.



\*Quote by Gill Connell and Cheryl McCarthy - 2014.

Every Movement Counts

**Babies**  
(under the age of 1)

Aim for 14-17 hours (0-3 months of age).

12-16 hours (4-11 months of age) of good quality sleep, including naps.

SLEEP 



MOVE 

Be physically active throughout the day, every day in a variety of ways.

  
At least 30 minutes of tummy time across the day.

Try crawling, grasping, reaching, pushing and pulling.



OBJECT PLAY



THROW/CATCH



PLAY



MESSY PLAY

# A Healthy Day for Babies (under the age of 1)

AIM FOR AT LEAST **180 MINS PER DAY** FOR CHILDREN 1-5 YEARS

## The How



You are the most important thing in your child's life, their favourite plaything. They don't need any expensive toys, just some time with you. Turn off the TV, put away your phone and get playing, laughing and having fun.

In this booklet you will find lots of simple, low cost/free activities to do with your baby.

### Talk

Hold your baby so they are looking at you. Talk to them, sing songs, rock them gently back and forth.



### Tummy Time

Give your baby lots of opportunities to lie on their tummies on a blanket on the floor. Get down to their level and talk to them. Put colourful objects in front of them which they might reach for. Watch your baby carefully at first, tummy time is really hard work, and they will get tired quickly.



### Treasure Basket

Once your baby can sit, put a container with a variety of different things they can choose to pick up and explore. This might include fabric, plastic cups, wooden spoons, pine cones, things with different textures. Encourage them to pick things up, talk to them about what they are and how they feel.



### At the Park

Sit on a swing with your baby on your knee. Point out the other activities in the park, watch the children and look at the trees and flowers.



## Play Peek a Boo

Your baby learns to wait for you to jump out. Cover their face with a soft blanket and lift it off so they can play peek a boo too.



## Action Songs

Sing action songs with your baby, try clapping games and dance to music.



## Object Fun

Move objects in front of your babies face so they can watch them with their eyes. Do this gently as babies are easily scared. Soon they will learn to swipe at the object and eventually grab it.



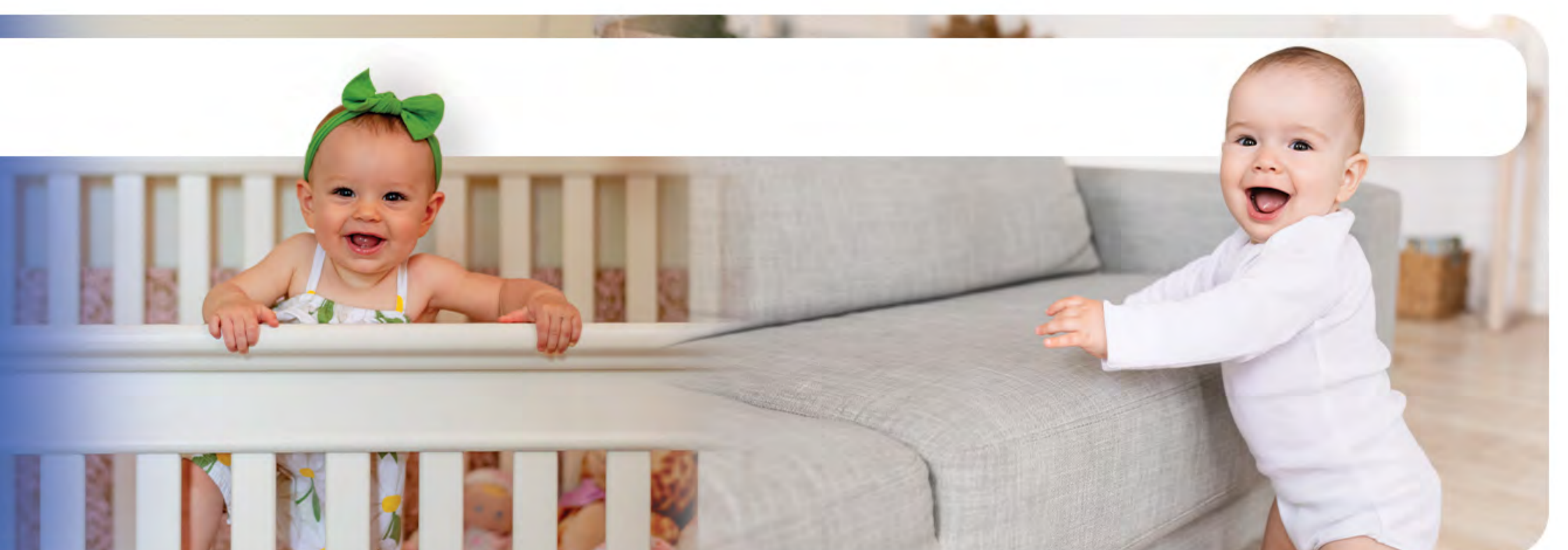
## Bath Fun

Make bath time fun to develop a love of the water. Make sure the water is comfortably warm, and that there are colourful objects to play with (plastic cups and wooden spoons are great for this). Help the child make splashing movements. Make sure you hold your baby at all times.



## Around Furniture

Arrange the furniture so that the baby can start to pull themselves up in and can start to "cruise" around holding on. Watch out for sharp corners!



# Stepping Stones ☆

Age Range  
**0-6 Months**

The Stepping Stones show the journey a child will make; however, the timings may be different, all children are unique and will develop at their own pace.

\*If you have a concern about your child, don't sit at home worrying about it, speak to your Health Visitor who will be able to give you advice.



Lifting heads when lying on their tummies

Recognising hands and feet

Rolling onto tummies

Pushing up from tummy

Swiping at things (often missing!)

Age Range  
**6-14 Months**

Age Range  
**9-24 Months**

Commando  
Crawling

Up on all  
fours

Rocking

Grasping things  
and after a while  
learning to  
drop things

Sitting  
on their  
own

Crawling

Cruising around  
the furniture

Standing on  
their own

Climbing on  
furniture  
or stairs

Trying to put  
finger food in  
their mouths

Walking  
unaided

Pulling up  
to stand



*Lots of  
picking up  
for you!*

**Stepping  
Stones** ☆



# Movement for Babies



**Active Start** –  
Supporting children to be  
healthy, to learn and be  
active for life.

In your local area, there are many opportunities for you and your baby to take part in. Try to attend some of those and meet other parents and carers, it's good for you to talk too.

For more information please visit:

[www.activecumbria.org/activestart](http://www.activecumbria.org/activestart)



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