



Movement for Babies



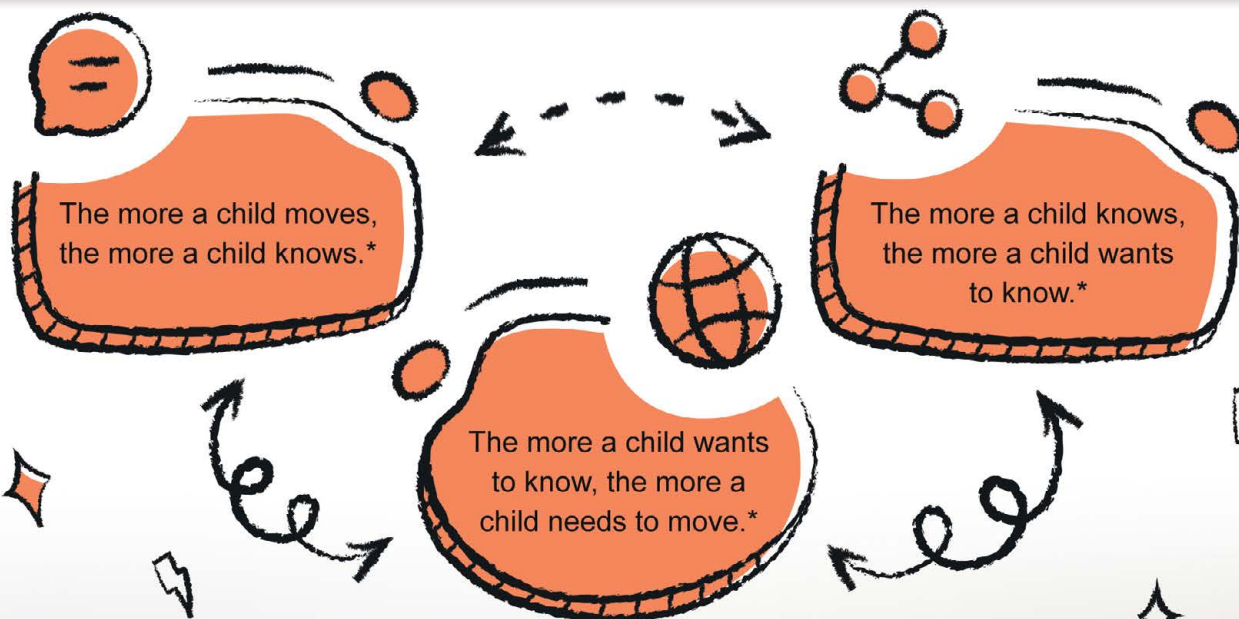
Westmorland
& Furness
Council



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.



AIM FOR AT LEAST

180 MINS
PER DAY

FOR CHILDREN 1-5 YEARS

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



**Every
Movement
Counts**

MOVE



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

Try crawling,
grasping,
reaching,
pushing
and pulling.

At least 30
minutes of tummy
time across
the day.



**OBJECT
PLAY**



**THROW/
CATCH**



PLAY



**MESSY
PLAY**

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



**NO screen time between birth –
24 months** except for video
chatting with family and friends.
(Source Health Professionals for Safer Screens)

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 facing 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 and 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 –
and often
missing – things



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

Lots of
picking up
for you!

Walking
unaided

Trying to put
finger food in
their mouths

Climbing on
furniture
or stairs

Standing on
their own

Cruising
around the
furniture

Pulling up
to stand

Stepping Stones



Movement for Babies

Active Start –

Supporting children to be healthy, to learn and be active for life.



For more information please visit:

www.activecumbria.org

Family Hubs provide a range of useful information, advice and support for you and your family. Follow the QR codes to find out more:



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Active
Partnerships