



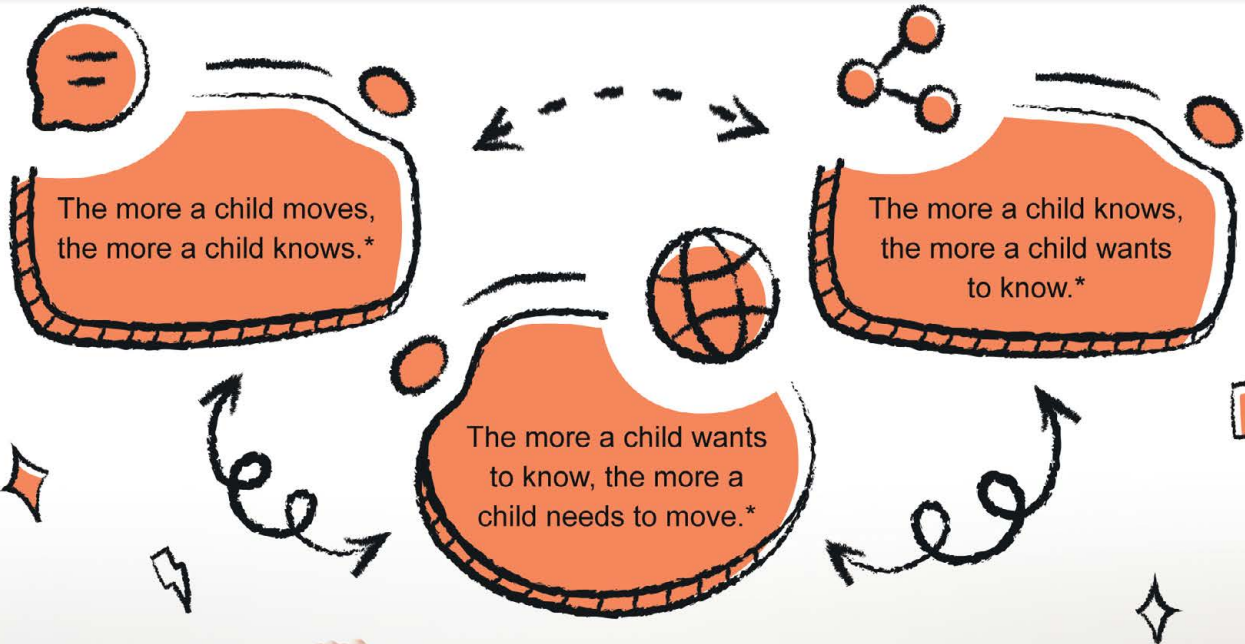
# Movement for Babies



## 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

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**



At least 30  
minutes of tummy  
time across  
the day.

## Every Movement Counts

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

**MOVE**

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

Try crawling,  
grasping,  
reaching,  
pushing  
and pulling.



**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.



### 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.



### Tummy Time

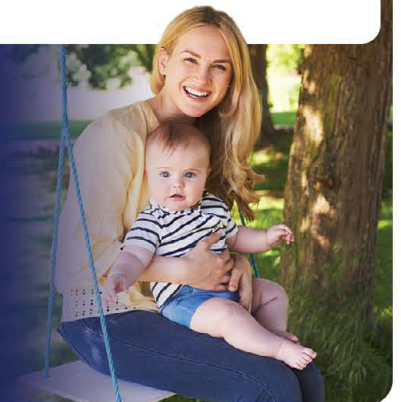
Give your baby lots of opportunities to lie on their tummies on a blanket on the floor. Get down to their level and talk to them. Put colourful objects in front of them which they might reach for. Watch your baby carefully, tummy time is really hard work. They will get tired quickly, especially at first!



### 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.



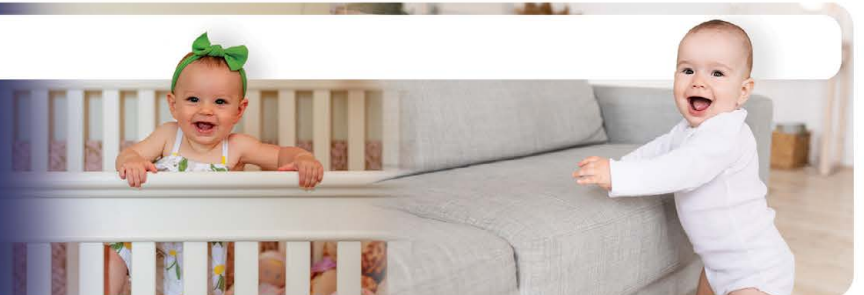
## Bath Fun

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

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.



For more  
information  
please visit:

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



Westmorland  
& Furness  
Council



Active  
Partnerships