

# let's get moving

0-3  
months



## 01 floor time!

- Try different positions (front, back and side)

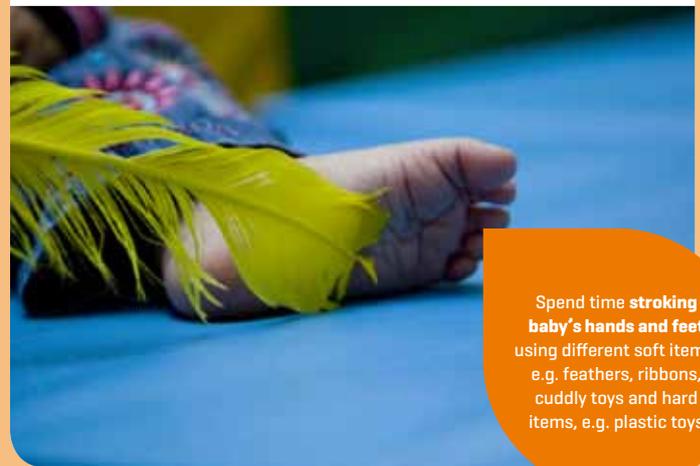
Use different surfaces (blankets, changing mat)



## 03 lots of close contact and interaction

- **Interact with baby** in lots of different ways – talking, e.g. about what baby is doing and what you are doing, singing and reading.
- **Carry baby in different positions** – in arms; on shoulder; face down on forearm.

*NB. Baby's head may need supporting.*



Spend time **stroking baby's hands and feet** using different soft items, e.g. feathers, ribbons, cuddly toys and hard items, e.g. plastic toys

## 02 tummy time!

Let baby have lots of tummy time from day one – **Little and often is best!**

- Lie baby on your chest while sitting in reclined position or lying down.
- Sit on floor, cross your legs and lie baby over your lap.
- Incorporate tummy time into nappy changes.
- Get down on floor with baby.

*NB. Little and often is best for babies unused to tolerating this position.*

Try different carrying positions.

Use different materials (blankets, play mat) to encourage feeling different textures.

Encourage interaction through talking, singing, shaking toys and sounds.



## 04 experience the outdoors

Take baby outside for walk in pram

Place baby on rug/blanket or grass (if dry), under a tree if possible to watch the leaves.



## 05 use sensory toys/objects

- Move objects in front of baby, e.g. a toy, a rattle or noisy toy, blow bubbles.



Dangle objects for baby to touch, e.g. hang toys over the cot, changing table, place under play gym.

Look for objects that make a noise, move, are colourful and also black and white objects.

*NB. Tie objects really well. Never leave even a tiny baby on changing table alone. Give baby a soft rattle to hold. Due to choking hazard, don't give baby objects that are too small.*

## 07 balance and body awareness activities



Slowly lift them up and down and spin slowly round and round.

Play peekaboo – hide your face behind hands or blanket and then show your face.

Hold and support them while you dance to music.

## 06 sing songs or lullabies and nursery rhymes

- Any action songs and nursery rhymes are fine and show baby the actions, e.g. clap hands, clap his feet, bicycle his legs. **Encourage baby to look and play with their hands and feet.**
- Do the actions yourself and others such as wiggling fingers, pulling funny faces, clicking fingers, waving.
- **With baby on his/her back, hold each hand in yours and cross the baby's hands in front of his/her body (so hugs him/herself) and then uncross hands.** Repeat several times and do the same with the legs.
- Play peek-a-boo – hide your face behind hands or blanket and then show your face.
- Slowly lift baby up and down and spin slowly round and round.



Hold and support baby whilst dancing to music



Toys that play music and make sounds

Cloth or board books



## equipment ideas

- Toys that play music and make sounds
- Colourful mobiles
- Musical mobiles
- Teething toys
- Unbreakable mirror
- Cloth or board books
- Black and white patterns
- Rattles
- Variety of soft toys with different textures
- Lullaby CD's
- Nursery rhyme books
- Posters on the ceiling
- Bubbles
- Feathers



For more information refer to chapter 8 in the Physical Activity Guide  
Download here - <http://bit.ly/T6qYa5>  
or visit [www.leicestershirehealthy tots.org.uk](http://www.leicestershirehealthy tots.org.uk)

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