

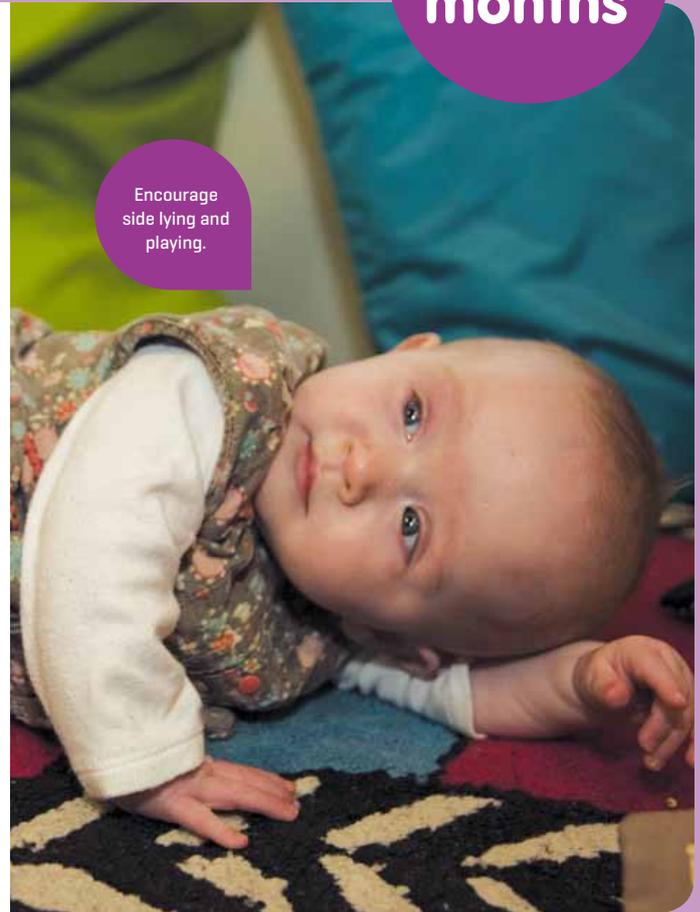
let's get moving

6-12
months



01 floor play, floor play, floor play!

- To help babies learn to move, **place toys to the side of them to encourage reaching and balancing**, as well as noises [music, voices, different sounds, toys]. **Gradually move objects so they are further away.**
- Tape up catalogues or phone directories and cover with material to make little steps to sit on or climb over.
- **Get down and play with baby on the floor**, provide stimulating age-appropriate toys that hold their interest.



Encourage side lying and playing.

02 playing with balls

Collect different types of balls, e.g. foam, beach, koosh, balloon ball, plastic, tennis etc

- Place a cardboard box a short distance away and **show baby how to 'roll' ball into box.**
- Set up skittles and **show baby how to knock the skittles down** with the ball [make skittles by partly filling plastic bottles with sand or rice].
Safety: Glue lids on bottles
- Dangle a ball in a sock in front of baby's body and encourage baby to reach for other objects on the midline.
- If sitting unaided, gently kick a soft ball [foam, paper] towards baby and encourage them to kick at it.



03 outdoor play

- If dry, encourage exploration of grassy areas, under trees etc. [Always check these areas first].
- **Use natural materials for sensory exploration**, e.g. sand, soil, leaves, twigs, flowers etc.

Safety: Supervise carefully to ensure babies are not putting these materials in their mouths.



04 playing with household items

For example:

- a saucepan and a wooden spoon make a drum
- rice in plastic bottles make good shakers

Safety: Glue lids on bottles

- Old magazines, newspapers, wrapping paper are great for ripping up and dropping into a box or container.
- Collect buckets or shoe boxes of small safe items [i.e. that baby can tip out and put back in again. Show baby what to do].
- Make post boxes that they can post paper through [start with large slit and use others with smaller slits as they progress].
- Make up treasure baskets with objects of interesting shapes, colours and textures, e.g. food basket – rice cakes, raisins, banana, biscuit, bread, strawberry [vary according to weaning stage].



Spoons and saucepans make a drum

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

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