

TEN TOP TIPS FOR MOVEMENT - BABIES

AGE
0-1
BABY

GREATER MANCHESTER
DOING THINGS DIFFERENTLY FOR OUR CHILDREN & YOUNG PEOPLE

Babies need to be physically active from birth; moving, stretching, kicking, looking, grabbing, wriggling and wiggling. Below are some top tips you can do at home, throughout the day to support your baby's physical development.

1

Move with me. I love music and movement. Hold me and move around the living room with me or lie down and balance me on you so we can move together.

2

Put me on my tummy, on the floor or on your chest. I need tummy time to strengthen my muscles that I'll need to crawl.

3

Give me something to look at. Bubbles are a great way to get me to move my eyes and strengthen my eye muscles.

4

Help me to crawl. When I'm on my tummy, put my favourite object in front of me to encourage me to move.

5

Make my bath time fun. Keep smiling and looking at me when I'm in the bath and try and make it as fun as possible, with splashes and playful noises.

6

Let me explore. I like to explore and experiment, by myself and with your help. Let me reach out, and hold onto things, like holding onto the sofa to pull myself up.

7

I love to roll around. This helps me develop my balance and strength. Help me roll from front to back and back to front.

8

Take me out my pram, high chair and car seat for tickles and touches. I love to kick my feet and wiggle about!

9

I don't need fancy toys. I just need things to help me reach and grasp, pull and push. Tupperware, empty boxes, and rolled up newspaper are ideal.

10

Play with me. Get down on my level, this helps me to engage with you. Involve my senses in play; smell, touch, taste, sight, listening.

All activities can be adapted for those with disabilities. Support your child to move as much as possible (arms, legs, head). If in a wheelchair and there's room, spin on the spot and move around; build up the energy in the room. Where movement is not possible as suggested, aid them to touch and feel the equipment to involve them in the activity.



The Ten Tips for Movement are part of Greater Manchester's work to give every child the best start in life. Find out more by visiting: greatermanchester-ca.gov.uk