

# LEAPS

learning eating active play sleep

## Physical Activity

Birth to 1 year



For healthy development in infants (birth to 1 year), physical activity – particularly supervised floor-based play in safe environments – should be encouraged from birth.

### Promoting movement in babies from birth to one year

Throughout the day your baby needs a variety of different play activities that stimulate their senses (such as hearing, touch and eyesight) and help develop their movement skills

**Tummy time** is important for strengthening your baby's head, neck and trunk muscles, and encouraging free limb movement.

Try:

- Placing a plastic unbreakable mirror in a position so your baby can see themselves when they lift their head
- Roll a soft ball near your baby so they can lift their head to watch the movement

**Getting around:** Play spaces need to encourage your baby to practise new movements, and use large muscles for kicking, crawling and pulling themselves up to a standing position

Try:

- Providing lots of space for your baby to crawl
- Encouraging your baby to copy your movements such as touching toes whilst lying on their back

**Sound** and noises during play can encourage movement.

Try:

- Putting toys that make a noise just in front of your baby so they can reach out for them while on their tummy
- Singing songs or nursery rhymes while clapping or dancing

**Touch:** Babies need to hold and feel a variety of objects, to help them recognise different textures

Try:

- Age appropriate soft toys, wooden blocks, sand, grass, plastic figurines

**Sight:** Moving objects that your baby can 'follow' with their eyes can help encourage movement.

Try:

- Blowing bubbles for your baby to watch as they float through the air and pop
- Swirling some colourful streamers or ribbons