



# Help me move and play

## When I am 6-12 months old



# Your baby should be:

- able to roll from back to front, or from front to back
- able to pick up, hold objects using their whole hand
- starting to sit unsupported on the floor
- starting to pick up small toys when sitting
- starting to crawl, bottom shuffle or roll to move around
- starting to pull to standing, holding onto furniture or person for support

## Physical activity guidelines

Your baby should be active from birth. Even though your baby may not be walking, they need to be physically active several times every day from playing on the floor to splashing in the bath.

This includes at least 30 minutes of tummy time spread throughout the day while they're awake (and other movements such as reaching and grasping, pushing and pulling themselves independently, or rolling over); more is better.

You can help your baby to stay active by limiting the time your baby spends in a car seat, buggy or highchair and by ensuring that you dress them in clothes that they can move freely in. It is also beneficial to switch your TV off when playing and eating together.

# Helpful hints

Let me find out how different things feel by letting me explore food with my hands

When I am learning to sit up by myself, you can help me by supporting me with cushions

I enjoy bouncing up and down with you holding me



During tummy time, put toys slightly out of my reach to encourage me to move or roll towards them

I enjoy playing games with you; you can cover my legs with a blanket or light material so that I can kick it off

I like to grab objects and let them go to see what happens. You could use boxes, baskets and objects to help me with this e.g. rattles, spoons, whisks, bottles.

I enjoy practising my new movements by climbing over cushions and moving through tunnels and empty boxes

These ideas will help you and your baby to enjoy play together; supporting their communication and social skills. They will help your baby to strengthen their muscles, develop balance and coordination, and learn to move on their own. Being active is vital for your baby's healthy brain development and will also help your baby to stay at a healthy weight. Being active with your baby helps to set up good habits to support you both in developing a healthy lifestyle.

## Having fun and staying safe

Your baby needs to play safely; always keep a watchful eye and do not leave them unattended.

Tummy time is only for when your baby is awake. When sleeping, remember to always place your baby on their back.

Keep small objects out of reach as your baby could choke on them.

When exploring foods with your baby, please remember to cut it into small pieces.

Bouncers that hang from doorways and baby walkers are not recommended as they do not help babies to move freely, safely and develop strong muscles.

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