



Help me move and play

For the first 6 months



Your baby should be able to:

- turn their head to things they hear and see
- hold up their own head
- move their arms and legs with more control
- explore their hands and feet
- open their hands more when resting
- reach out for, touch and begin to hold objects
- explore objects with their mouth

Physical activity guidelines

Your baby should be active from birth.

Even though your baby is not mobile 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); more is better.

You can help your baby to stay active by limiting the time your baby spends in a car seat or buggy and ensure that you dress them in clothes that they can move freely in.

Helpful hints

I need to explore different ways of moving so put me on a blanket and let me play indoors and outdoors

It may take me a while to get used to being on my tummy so to make me more comfortable place a rolled up towel under my chest

To strengthen my muscles ready for crawling place me on my tummy; little but often



I like lots of splashing at bath time and when you take me to the pool

Let me have safe objects that I can suck, pull, squeeze and hold to help with the development of my fine motor skills

I like exploring different sounds and textures when I am playing; I like to follow with my eyes, reach out and touch

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. Tummy time may be unfamiliar to babies at first. Build tummy time up from a minute or two until your baby becomes used to it. When sleeping, remember to always place your baby on their back.

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

Getting more copies of this leaflet

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