

Time to Play New Baby



Physical activity should be encouraged from birth, particularly through floor-based play and water-based activities in safe environments.

Minimise the time your baby spends being restrained in a car seat or bouncer chair.

Help get your baby active with these simple activities.

These activities are ideal for at home or in a small space. No equipment is needed, just a little imagination.

Benefits include:

- maintain a healthy weight
- build social and emotional bonds with parents, siblings and other children
- develop good posture, strength and balance
- develop all their senses
- teach them about their bodies and the world around them
- interact with others and develop language and communication skills
- keep their bodies and minds active.

For more ideas/information visit

www.derbyshiresport.co.uk/timetoplay

Floor Time

- Lie your baby in lots of different positions (front, back and side)
- Try different surfaces such as towel, change mat or rug)

Tummy Time

Introduce tummy time from day 1. Little and often is best. Remember babies need to be awake for Tummy Time

- Lie your baby on your chest whilst sitting in a reclined position
- Lie your baby over your lap
- Lie on your tummy, facing your baby

Roll Time

- Support your baby to roll from side to side or from front to back
- Roll from the hip, supporting their head if required

Dance Time

Babies love movement and music.

- Dance around the house with your baby in your arms
- Lie or sit down and dance together

Tickle Time

- Gently tickle your baby from top to toe
- Laugh and giggle with them as you do it

Song Time

- Sing songs such as 'Heads, Shoulders, Knees and Toes'
- Do the actions with your baby

Contact Time

- Carry your baby in lots of different ways
- Gently massage your baby
- Slowly lift them up and down, and play 'Peekaboo'
- Move your baby's feet, legs, arms and hands up and down, across their body, over their head and so on

Outdoor Time

- Take your baby outdoors
- Let them watch the leaves blowing in the trees

Bath Time

- Make it fun, with lots of singing, smiles and splashing!

