

# let's get moving



3-6  
months

## 01 floor play!

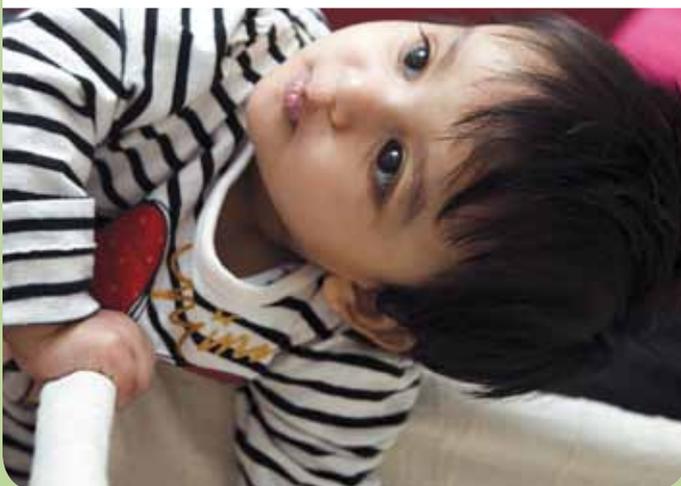
- Place favourite toys at the edge of baby's reach and **encourage to reach and roll over** for them. **Can also use everyday items** but take care that they are safe and clean as most items will end up in baby's mouth as they explore at this age.
- **Introduce toys that make a noise** [reward] when baby does something to them, e.g. rattles, balls with bells inside, drums or saucepans, squeaky toys, toys with push-buttons, musical soft toys with crinkly textures.
- **Introduce treasure baskets.** Can have a theme or be a mixture, e.g. 'soft' theme – sponge, flannel, cotton wool, soft toy, velour material, ball of wool, soft baby brush.



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## 02 kicking, reaching and grasping

- **Hang CD's on strings, a rattle or bells where baby can kick at them,** later change their position when can reach and grasp with hands to challenge them to reach more or sit and lean to reach. **Musical play gyms** can be useful for this.



## 03 outdoor play

- **Take baby outside,** either for walk in their pram or place baby on rug/blanket or grass (if dry), under a tree if possible, to watch the leaves, hang coloured ribbons or streamers or wind chimes from tree.



## 04 tummy time

- **Place colourful, noise-making toys in a circle** and slightly out of reach around baby – to encourage reaching and moving and eventually to roll over.
- **Roll up a towel or blanket**, place under baby's armpits– to encourage baby to lift chest and prop on forearms.
- Try rolling some toys in front of baby.
- **Get down on floor with baby and interact** – sing songs, play with toys, place a plastic mirror in front of them.
- **Hold a toy** to side where baby can see it and move toy over baby's head and land on other side. Baby will follow with eyes and may roll over.
- **Play aeroplanes** (when sufficient head control is established). Adult lies on back with knees bent up and baby lies with tummy on shins, facing adult.

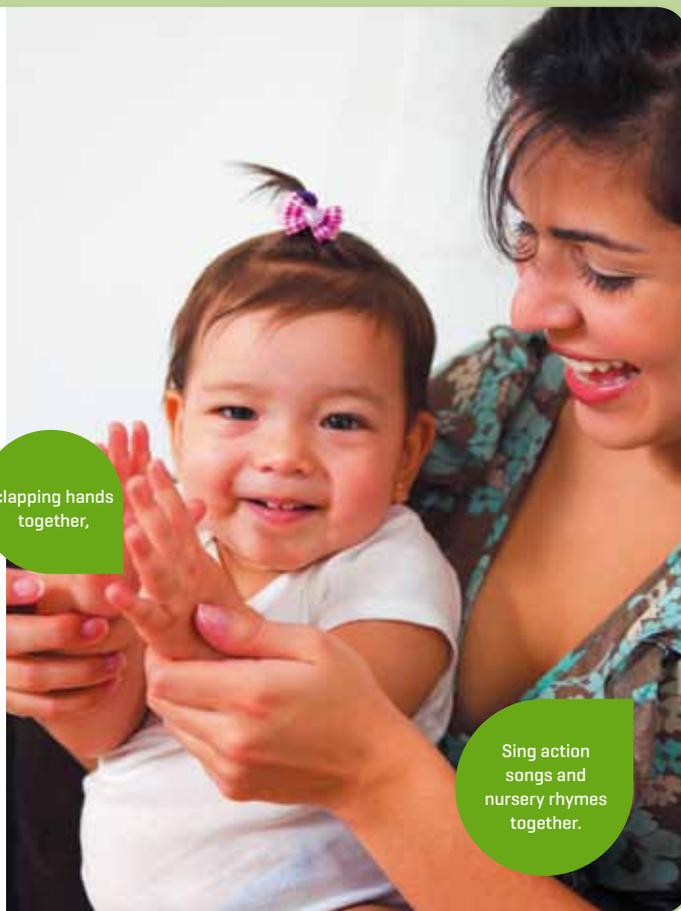


Get down on floor with baby and interact

Place colourful, noise-making toys in a circle and slightly out of reach around baby – to encourage reaching and moving and eventually to roll over.

## 05 singing action songs and nursery rhymes

- Sing action songs and nursery rhymes together.
- Show the actions and encourage baby to do these with your assistance. Involve some actions that include: clapping hands together, clapping or touching feet, crossing the midline with hands and feet.



clapping hands together,

Sing action songs and nursery rhymes together.

For more information refer to chapter 8 in the Physical Activity Guide  
Download here - <http://bit.ly/T6qYa5>  
or visit [www.leicestershirehealthy tots.org.uk](http://www.leicestershirehealthy tots.org.uk)

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