

# let's get moving

6-12  
months



## 05 tracking of objects

- **Blow bubbles** for baby to follow, catch, clap and reach for.
- **Use push and pull toys** and various balls to encourage eye movement.
- **Continue to share books** and point out objects using clear language to describe.



Blow bubbles for baby to follow, catch, clap and reach for.

## 07 outdoor play

Use play equipment outside, e.g.

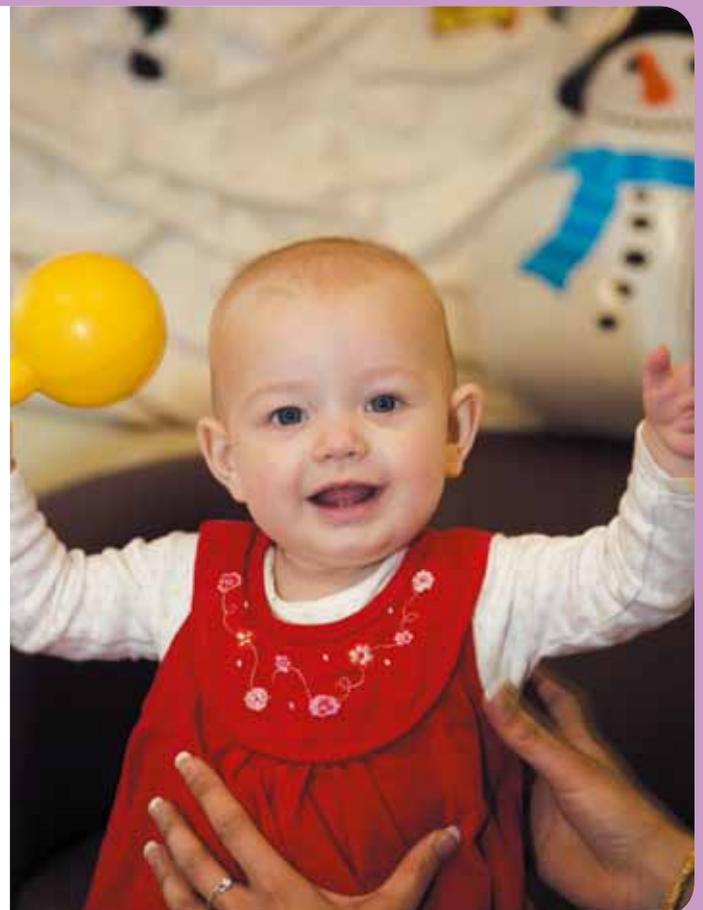
- Slide – place baby half way up slide or slide down with baby on lap.
- Sit with baby on swing or if can sit unaided, swing alone.
- Let baby explore play with natural materials and containers – water, sand, soil.

*Safety: Watch that babies are not putting these materials in their mouth*



## 06 singing and dancing games

- Use finger play with puppets, sing songs and nursery rhymes **which encourage using different parts of the body**, e.g.
  - 'Heads, shoulders, knees and toes,'
  - 'If you're happy and you know it....clap your hands...'
  - 'Row, row, row your boat,'
  - 'Pat-a-cake, pat-a-cake,'
  - 'Two little dicky birds.'
- **Play different types of music** and dance with baby in arms or wiggle or rock on the floor together.



## 08 tummy time!

Encourage lots of tummy time, especially between 6 and 9 months to encourage tummy crawling

- [forwards and backwards] over different surfaces, through tunnels, under tables, dens (chairs with a sheet over and clipped with pegs), card board boxes and over cushions.
- **Place toys all around baby** and slightly out of reach. Give time to play in vest only. Roll balls to follow, pull-along toys and noise to attract attention and interest.
- As progress, encourage getting into all fours positions [rocking backwards and forwards]. Show baby this position.
- Encourage unsupported sitting while sat playing on floor, so refrain from 'managing' their position and:
  - use cushions 'in case' rather than to prop up
  - avoid overuse of seats
- Help babies support their weight in their legs in a standing position by lifting them and placing hands under armpits and then holding both their hands when in a standing position.
- Set up play mats, tunnels and other equipment to stimulate movement.
- Place toys on a slightly higher level, e.g. chair, to encourage kneeling and pulling up to standing.

*Safety: As baby becomes mobile, move precious and very small items out of reach.*



Help babies support their weight in their legs in a standing position by lifting them and placing hands under armpits and then holding both their hands when in a standing position.

## equipment ideas

- Stacking toys – show how to build a tower and knock over
- Push and pull toys
- Ride-on cars without pedals
- Chunky wooden inset puzzles
- Posting boxes
- Variety of different sized and textured balls
- Beanbags
- Cardboard boxes, magazines, newspaper etc.
- Natural objects, e.g. sand, water, leaves, twigs, pine cones, pebbles
- Nursery rhyme books
- Music and nursery rhyme CD's
- Cloth and board books – share books but also allow time to explore on own.
- Household items (check for safety)
- Bubbles
- Treasure baskets with variety of textures and coloured items inside
- Fixed equipment, e.g. slide, swing
- Skittles
- Paper crunched up in socks (hanging from ceiling)
- Outdoor play equipment e.g. slide, swing – always accompanied



Show how to build a tower and knock over

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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