

# Infant Moves

“Watch and help me learn to move on my own.”

## Sitting...

“Learning to sit is fun but I need you to help me.”



“When I get better I can sit on my own and start to reach for toys you put near me.”



## Crawling...

“Place a toy in front just out of my reach. I will learn to crawl as I move to play with it.”



## Standing...

“Pulling up against low furniture helps me learn to use my legs and get me ready for walking.”



## Walking...

“Look, I am learning to walk by moving around furniture. Give me toys to move towards and watch me play.”



“It is safe for me to be on my tummy when I am awake and you are with me.”

Back to sleep, Tummy to play

## Facilitator note.

The *Infant Moves Fact Sheet* has been developed to use with families with babies 5-12 months. It is important to read out all of the information on this fact sheet to parents and carers. This will help to improve their knowledge and awareness regarding age appropriate play activities for their child.

### Introduction

Babies love to move around and be active, this is called 'active play'. Playtime on the floor will give your baby the opportunity to be active, get stronger, and want to move into new positions such as sitting, crawling, standing and walking.

## Facilitator note.

Refer to the pictures on the front of this fact sheet and the *Infant Moves Poster* when speaking to parents and carers about the points below.

### Learning to sit

#### With support

- Sit on the floor with your legs stretched out in front of you and place your baby between your legs, close to your body.
- Bring your legs in close to your baby for extra support.
- You may feel more comfortable leaning back on a wall or lounge.
- Supporting your baby will help improve their balance and they can use their hands to play.

#### Without support

- Sit your baby on their bottom on a soft surface with a cushion on each side and behind them.
- Help your baby develop their balance by encouraging them to reach for a toy.
- Stay close to help them play safely.

### Learning to crawl

- Sit on the floor with your baby on their tummy in front of you.
- Place a toy out of reach and encourage your baby to move towards it.
- Some babies may commando crawl forward on their tummies before they get the strength to crawl.
- If your baby is struggling to crawl, support their hips to help them feel comfortable to move forward.
- Reduce your support as your baby gets stronger in the crawling position.

### Learning to stand

- Place a toy on a low piece of furniture such as a lounge or coffee table.
- Help your baby pull themselves up to reach for the toy.
- As their legs get stronger, encourage your baby to do this on their own to get them ready for walking.

### Learning to walk

- When your baby is strong in standing, get them to stand and hold onto a low piece of furniture.
- Place toys along the furniture to encourage them to walk sideways (cruise) to play with them.
- Sit on the floor behind your child and place your hands gently onto their hips for support as they slowly move along sideways.

### Helpful hints

- Try not to let your baby spend more than two hours per day in equipment like strollers, rockers, swings, baby seats, walkers or jolly jumpers when awake. Spending more than two hours a day in this equipment can delay the development of movement skills such as crawling and walking.
- Leave shoes off to play as babies balance better in bare feet.
- Babies will often fall. Playtime on the floor should take place on a soft surface such as a rug.
- Stay close to help your baby play safely. Playing face to face will help you see if your baby is getting tired or not enjoying an activity.
- Provide your baby with new play opportunities every day to help them develop. For example when they crawl put cushions on the floor for them to crawl over and when they walk slowly roll a ball for them to chase.

## Facilitator note.

Finish your session by reading out the following key safety messages.

### Remember:

- There is a connection between babies sleeping on their tummies and SIDS (Sudden Infant Death Syndrome).
- Always supervise your baby when they are playing on their tummy.
- If your baby falls asleep on their tummy immediately turn them over to sleep on their back.

Back to sleep, Tummy to play