

Age  
**0-1**  
Baby



# Top 10 tips for movement

Greater Manchester Moving > ^ < v

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DOING THINGS DIFFERENTLY

Thanks to the members of the Greater Manchester School Readiness Physical Development Task and Finish group with leadership from Stockport Council for their contributions.

## Physical development

- Babies need to be physically active from birth; moving, stretching, kicking, looking, grabbing, wriggling and wiggling.
- In this leaflet you'll find simple things you can do in your home, throughout the day to support your baby's physical development.
- They need to develop head and trunk control. Children shouldn't be in their car seats, buggies, rockers etc. for any prolonged length of time - take them out and let them move. Tummy time is crucial, remember **back for bed, front for play**.

## It's really good to talk

Talking to your child is really important for them to develop; talk about what you're doing or sing to them (they don't mind if you're off key!). Look at them while talking to check they're listening. Keep instructions simple and they'll soon start to understand. For tips on how to support communication skills check out the Greater Manchester [10 Tips for Talking](#) and [Tiny Happy People](#)

## Simple ways to get started

Resources to help you get your baby moving.

- [Early Movers Pathways](#)
- [Physical Activity Active Matters](#)
- [CSP What To Expect Foundation Years](#)
- [Netmums](#)



## Move indoors

A room or area can be made safe by removing sharp and breakable objects. Cover or move items with sharp corners or edges; make sure any areas of plate glass are cordoned off. Use sofa cushions and blankets, great for if they're discovering climbing, jumping and bouncing.

## Move outdoors

If you have a garden or safe access to public space, then let them explore under supervision. Uneven surfaces, different textures and sounds are great for development. Allow them to take risks, it's how they develop skills and conquer fears.

If you have any concerns trying these activities please speak with your GP or Health visitor

Below are some of the typical motor skills you should start to see your baby do between 1-18 months

Age range	Motor skill
1-4 months	Holds head erect and steady
1-5 months	Sits with support
2-5 months	Lifts head, shoulders, and forearms while lying down
4-8 months	Sits momentarily without support and reaches with one hand
4-10 months	Rolls over from back to front
5-12 months	Crawls and pulls on objects to achieve upright position
6-12 months	Walks with handholds ("cruises")
9-16 months	Stands momentarily without support
9-18 months	Walks independently

## 1. Move with me

I love music and movement, hold me and move around the living room with me or lie down and balance me on you so we can move together.

## 2. Put me on my tummy

I need tummy time to strengthen my muscles that I'll need to crawl. I might not like being on my tummy and I might cry, but try it for short amounts of time. Or try lying me on your tummy whilst you're lying down. **Remember, back for bed, tummy for play.**

## 3. Give me something to look at

Bubbles are a great way to get me to move my eyes, I can follow them in lots of directions which will help strengthen my eye muscles.



## 4. Help me to crawl

When I'm on my tummy, put my favourite object in front of me to encourage me to move. I'll do it eventually. Don't worry if I don't crawl, some of us can go straight from shuffling to standing up.

## 5. Make my bath time fun

Water's really important to me, I spent 9 months in it! Keep smiling and looking at me when I'm in the bath and try to make it as fun as possible, with splashes and playful noises.

## 6. Let me explore

I like to explore and experiment, by myself and with your help. If I'm near the sofa, let me try to pull myself up or find things that I can reach out to and grab. When I'm ready, I'll start to cruise around holding your hands and eventually take my first few steps.

## 7. I love to roll around

Rolling helps me to develop my balance and strength. Help me to roll from the hip and from front to back and back to front.

## 8. Take me out of my pram, high chair and car seat for tickles and touches

Take me out of my cot, rocker or car seat for a cuddle. I love to kick my feet and wiggle about. Tickles are the best thing ever! You could even try to give me a baby massage.

## 9. I don't need fancy toys

I just need things to help me reach and grasp, pull and push.

Hold an object in front of me and let me follow it with my eyes. When I'm shuffling about, I'll try and chase a ball if you roll it away from me. Eventually I'll learn how to roll the ball, just like you.

## 10. Give me time to play. Show me how to play. Support me in my play

Get down on my level, this helps me to engage with you. Involve my senses in play; smell, touch, taste, sight, listening.

*All activities can be adapted for those with disabilities. Support your child to move as much as possible (arms, legs, head). If in a wheelchair and there's room, spin on the spot and move around; build up the energy in the room. Where movement is not possible as suggested, aid them to touch and feel the equipment to involve them in the activity.*

