



Five things to do with under ones: physical development

Give your baby tummy time several times a day. With very young babies start by lying baby face down on your chest as you recline on a sofa or a bed. Sing or talk to your baby so they want to raise their head to look at you. Progress to placing your baby on a blanket or playmat on the floor and get down with them so they lift their head to look at you. As babies get older allow them to develop rolling slowly. Tummy time helps babies develop the core strength for rolling, crawling, sitting and walking

Place colourful baby toys within kicking or reaching distance, particularly those that make a noise. Rattle, squeeze or move them to attract your baby's attention and allow your baby time to kick or reach for them. For older babies place the toys slightly out of reach so they learn to creep towards them. This helps babies develop upper and lower body strength and focuses their vision.

Use opportunities during the day (feeding, changing, bath time) to sing and act action rhymes like 'Round and round the garden' and 'Wind the bobbin up' clapping your baby's hands and moving their bodies so they start to develop skills such as clapping and pointing.



Make a treasure basket of similar things – spoons/scoops of different shapes and sizes, soft toys, a collection of different containers of holdable size filled with rice/pasta. Aim for at least five items. Your basket can be a basket but could also be a box or a bowl – whatever you have handy. Let babies explore the items and note how they pass them from hand to hand or use their mouth to explore them. This helps develop children's grasp and their tactile senses.

Simply let your baby have lots of physical activity in short periods of time interspersed with rest periods – try letting them bounce their feet on the floor, roll, rock, splash in the bath, crawl when ready, pull themselves to their feet all in their own time.