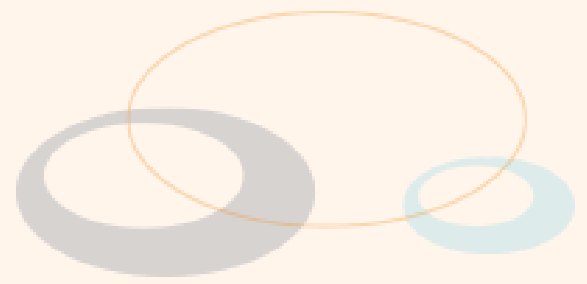


Active Play for Babies



Why Is This Important?

- Many parents are surprised to learn that babies need to move and be active as part of healthy growth and development.
- Parents often want ideas about how to be active with infants in developmentally appropriate ways.

Talking Points About Active Play With Infants

- Being active helps babies learn and reach important milestones like sitting up and crawling.
- Give your baby plenty of chances to stretch. A play-mat with toys suspended above him will give him the opportunity to kick and reach.
- Bouncers, strollers, and baby carriers are great for letting you get things done, but time in them doesn't count as active time for your baby. Make sure he gets time to roll, crawl, sit up, and stand every day.
- Give your young baby plenty of supervised "tummy time"! This helps his muscles get stronger and gets him ready to sit up and crawl.
- Did you know? A 3- to 4-month-old baby will push down if you hold him in a standing position. Make this a fun bonding time for you and your baby, and help him stand and sit over and over again until he's tired.
- Play some music and dance with baby in your arms.
- Try teaching him peekaboo and patty-cake—games like this will help him develop motor skills.

