



## **Freedom of Movement for Infants**

Congratulations to Virginia Marx Children's Center at Westchester Community College and the White Plains YWCA for achieving the Freedom of Movement Certification. They are the first programs in Westchester County to receive this certification.

The goal of the Freedom of Movement Certification Program is to provide non-mobile infants with environments that allow them to be in positions they can get in and out of on their own. This is important in helping infants to reach developmental milestones. Allowing for Freedom of Movement allows them to feel confident with themselves while gaining interest in the world around them.

Non-mobile and just mobile infants tend to spend a great deal of time in equipment known as containers. Too much time spent in containers and not enough time being spent on the floor can result in scoliosis and torticollis. "It may also delay motor skills, shoulder/arm/hand muscle strength and decrease sensory experiences to hands and vision" (Canterino 2011). The Freedom of Movement Certification process is designed to work with child care providers in infant classrooms or family and group family child care homes to support them in creating environments where children are unrestricted.

The programs worked with Infant Toddler Regional Coordinator, Jennifer Sorby. She provided technical assistance on what changes if any had to be made in the classrooms. If your program is interested in becoming a Freedom of Movement certified program, please contact Jennifer at [jennifers@cccwny.org](mailto:jennifers@cccwny.org).