



Wee Learn

Wee Beginners
(0-18 months):
Have A Ball Together:
Physical Activities for
0-18 Month Olds



Physical activity is important for all children – even infants who are just starting to develop their movement skills. For babies aged 0-18 months, physical activity is all about exploration, experiencing simple movements and learning about the world.

Benefits. There are so many benefits of physical activity for your child, it helps babies to be healthy, alert, relaxed and happy. Physical activity also helps your baby:

- Stimulate their senses
- Be easier to soothe
- Have better sleep habits
- Improve their digestion
- Learn new skills and experience new emotions
- Build connections in the brain which help with development
- Set the stage for future movement skills

Skills to Develop. Here are some physical skills you can help your baby with during the first year or so:

- **0-3 months:** Neck control, reaching, grabbing, arm and leg movements
- **4-6 months:** Rolling over, sitting, pushing with their legs
- **7-9months:** Moving forward (crawling or scooting), moving objects between hands, standing
- **10-12 months:** Cruising (walking while holding onto furniture), playing with balls
- **12-18 months:** walking upstairs, pushing and pulling objects while walking forward





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Tips. To help your baby develop their movement skills, you can:

- Provide lots of opportunities for your baby to be active every day, including inside and outside
- Limit the amount of time your baby spends in the stroller, car seat or infant carrier
- Make sure your baby is playing with age-appropriate toys and that play areas are safe for your baby

Make sure your baby is wearing proper footwear if walking, climbing or jumping

Activity Ideas. Here are some activity examples to get your baby moving:

- Move an object side-to-side to encourage your baby to follow the object by moving their head.
- Gently move and stretch your baby's arms and legs.
- Provide lots of opportunities for tummy time.
- Place a toy in front or to the side of your baby and encourage your baby to reach for it.
- Have your baby kick and splash while closely supervised in the tub.
- Play music and encourage your baby to dance.
- Roll a ball to your baby.
- Blow bubbles and encourage your baby to catch them.
- Set-up cushions for your baby to climb over.
- Hold your baby's hands while they practice walking.

Whether at home, in childcare, at school, or in the community, we all have a role in getting kids active. Help set the path to a happy childhood and a lifetime of healthy living!

<http://bit.ly/2rq96tn>



Wee Watch Licensed Home Child Care

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