



TOP TIPS!



Top Tips for Being active (babies)

1. Encourage Tummy Time

Place a comfortable blanket on the floor surrounded by soft cushions, lie your baby on their tummy with some interesting toys to encourage them to reach and roll. Tummy time develops neck and core muscles which supports early mobility and crawling.

2. Let them be free

Short walks (supported if needed) are great ways of developing a healthy and active lifestyle for your baby. If your baby is confident walking, allow them time out of their buggy to walk i.e. at the park or supermarket.

3. Music and games.

Learning action songs are a great way of encouraging your baby to be active. Babies also learn best from their families – turn up the radio and have a dance off.

4. Muscle Development

Simple balls games are a great way to encourage muscle development. Rolling and catching a soft ball is always a fun game for a baby. Play hide and seek with some soft material, cover your body and peek-a-poo.

5. Baby classes

Join a local baby class in your area, this is a fun way to get your baby socially active and a great way for you to meet new parents too. Baby classes include Tumble tots and baby sense.

6. Play Away!

Get on the floor with your baby and play! Talk about the colour and shapes of the toys you are playing with.

7. Be your baby's Jungle Gym

Lie down and let your baby crawl on you (babies will do this naturally, without encouragement) This will help your baby begin to pull themselves up.

8. Exercise with your baby

Look online for some fun and easy baby yoga poses, this is a great way to exercise and bond with your baby.

9. Play with sorting toys

Toys with openings that your baby can put smaller objects into – such as shape sorters. Homemade opening toys - lids on baby wipes or fresh juice containers, babies will have endless fun opening and closing.

10. Reaching

As your baby is learning to crawl, place toys just out of their reach so they need to stretch or crawl to get them.

For more information on baby classes in your area:

<http://www.whatsonglasgow.co.uk/activities/children:-baby-and-toddler-activities/>