

ACTIVE TOTS 3-6 MONTHS



LET'S
GET
MOVING

TUMMY TIME



- **Roll up a towel or blanket**, place under baby's armpits – to encourage baby to lift chest and prop on forearms
- **Try rolling some toys** in front of baby
- **Get down on floor with baby and interact** – sing songs, play with toys, place a plastic mirror in front of them
- **Hold a toy to side where baby can see it** and move toy over baby's head and land on other side. Baby will follow with eyes and may roll over
- **Play aeroplanes** (when sufficient head control is established). Adult lies on back with knees bent up and baby lies with tummy on shins, facing adult.

Place colourful, noise-making toys in a circle and slightly out of reach around baby – to encourage reaching and moving and eventually to roll over.

Get down on floor with baby and interact

DEVELOPING STRENGTH IN DIFFERENT SITTING POSITIONS

Carry baby in different positions, e.g. over shoulder, in a sling or baby pouch, with his back against your chest.

Encourage baby to sit!

- On your lap
- On the floor between legs, up against a pillow
- With cushions placed around.



TRACKING OBJECTS

- **Demonstrate different actions to baby** and use language to describe what you and he/she is doing
- **Use simple action words:** Up, down, low, high, bounce, sway, jump, rock, over, under, tickle, roll
- **Move baby into different positions**, e.g. lie or sit on knees and bounce up and down, put baby tummy down, along your arm and swing in the air
- **Sit with baby on lap or together on a swing.** Gently rock forwards and backwards
- **Hold baby and gently sway, rock and spin** [both directions] to music
- **Massage and play with baby's feet**, clap baby's feet together; blow raspberries on baby's feet, attach bells on feet.



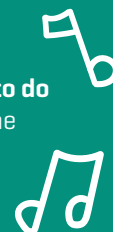
Read picture books with baby – practise pointing to objects in the pictures, repeating and demonstrating simple action words for baby.

Get down on floor with baby and interact

Clapping hands together

SINGING ACTION SONGS AND NURSERY RHYMES

- **Sing action** songs and nursery rhymes together
- **Show the actions and encourage baby to do these with your assistance.** Involve some actions that include: clapping hands together, clapping or touching feet, crossing the midline with hands and feet.



For more information visit:
active-together.org/active-tots
Or scan the QR code:



Funded by Leicestershire County Council.

