

Remember to follow Health Visitor and GP recommendations on regular check-ups, vaccinations, feeding and healthy eating.

Find out more

For more great ideas on keeping babies and toddlers active every day have a look at:

[How to keep your baby or toddler active - NHS \(www.nhs.uk\)](http://www.nhs.uk)



[Tiny Happy People - Activities \(bbc.co.uk\)](http://bbc.co.uk)



Grow and Learn with Me

Growing and Moving

Being physically active every day is important for the healthy growth and development of babies and toddlers.

All movement counts, the more the better!

Get your child off to a great start by using some of the ideas in this leaflet!



Babies

Did you know?

In their first year you will see your baby develop from having little control of their head, to being able to crawl, stand and maybe even be able to walk a few steps alone.

Why not try?

- Placing your baby on their tummy when they are awake. This is sometimes called 'Tummy Time' and it helps to build the muscles your baby needs for sitting and crawling.
- Once babies can move around, encouraging them to be as active as possible in a safe place.
- Providing toys, blocks, and balls for your baby to reach for, shake, bang and roll.
- Playing music for your baby to move to.
- Providing low-level furniture so that your baby can pull themselves up, stand and cruise along it.



Toddlers

Did you know?

Toddlers love to move around and physical activities help their muscles, bones and brains develop. Once your child is walking, they should be physically active for at least 180 minutes a day, spread throughout the day.

Active children are healthy, happy and sleep better!

Why not try?

- Singing songs with actions and dancing together to music.
- Involving your toddler in household tasks like unpacking the shopping, tidying or sorting washing.
- Letting your toddler walk with you rather than always using the buggy.
- Going to the park or any safe open space and running around.
- Rolling, throwing and kicking a large ball.
- Providing toys with wheels for your toddler to push and pull.
- Riding a balance bike.

