## let's get moving

### 05 tracking of objects

- Blow bubbles for baby to follow, catch, clap and reach for.
- Use push and pull toys and various balls to encourage eye movement.
- Continue to share books and point out objects using clear language to describe.



### <sup>07</sup> outdoor play

Use play equipment outside, e.g.

 Slide – place baby half way up slide or slide down with baby on lap.

6-12 months

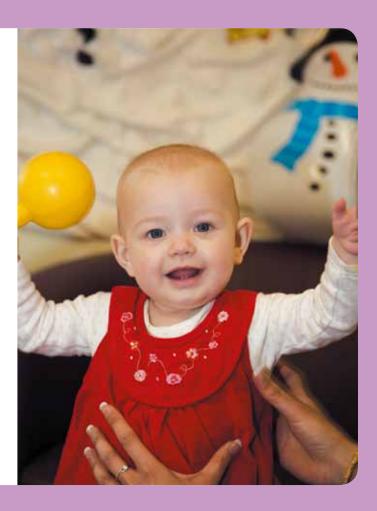
- Sit with baby on swing or if can sit unaided, swing alone.
- Let baby explore play with natural materials and containers – water, sand, soil.

Safety: Watch that babies are not putting these materials in their mouth



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- Use finger play with puppets, sing songs and nursery rhymes which encourage using different parts of the body, e.g.
  - Heads, shoulders, knees and toes,
  - o 'If you're happy and you know it....clap your hands...'
  - O 'Row, row, row your boat,'
  - O 'Pat-a-cake, pat-a-cake,'
  - Two little dickey birds.
- Play different types of music and dance with baby in arms or wiggle or rock on the floor together.

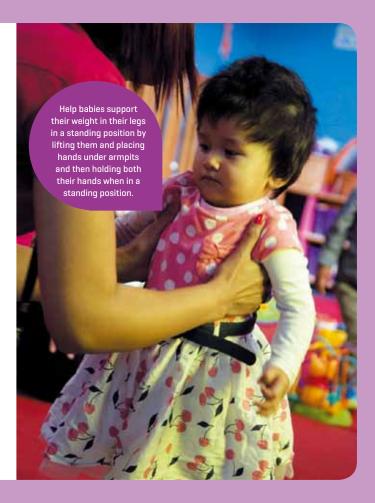


### 08 tummy time!

Encourage lots of tummy time, especially between 6 and 9 months to encourage tummy crawling

- [forwards and backwards] over different surfaces, through tunnels, under tables, dens (chairs with a sheet over and clipped with pegs), card board boxes and over cushions.
- Place toys all around baby and slightly out of reach. Give time to play in vest only. Roll balls to follow, pull-along toys and noise to attract attention and interest.
- As progress, encourage getting into all fours positions (rocking backwards and forwards). Show baby this position.
- Encourage unsupported sitting while sat playing on floor, so refrain from 'managing' their position and:
  - use cushions 'in case' rather than to prop up
  - avoid overuse of seats
- Help babies support their weight in their legs in a standing position by lifting them and placing hands under armpits and then holding both their hands when in a standing position.
- Set up play mats, tunnels and other equipment to stimulate movement.
- Place toys on a slightly higher level, e.g. chair, to encourage kneeling and pulling up to standing.

Safety: As baby becomes mobile, move precious and very small items out of reach.



#### equipment ideas

- Stacking toys show how to build a tower and knock over
- Push and pull toys
- Ride-on cars without pedals
- Chunky wooden inset puzzles
- Posting boxes
- Variety of different sized and textured balls
- Beanbags
- Cardboard boxes, magazines, newspaper etc.
- Natural objects, e.g. sand, water, leaves, twigs, pine cones, pebbles
- Nursery rhyme books
- Music and nursery rhyme CD's
- Cloth and board books share books but also allow time to explore on own.
- Household items (check for safety)
- Bubbles
- Treasure baskets with variety of textures and coloured items inside
- Fixed equipment, e.g. slide, swing
- Skittles
- Paper scrunched up in socks (hanging from ceiling)
- Outdoor play equipment e.g. slide, swing always accompanied

