

# ACTIVITY TIME

## Moving Your Body

Beci Orpin

There are so many interesting ways to move your body! Enjoy sharing this simple and fun board book with your baby.

### Babies Love to Move!

#### You will need:

- You and your baby.

#### What to do:

1. Talk with your baby when they are awake and ready for play or tummy time.
2. Encourage your baby to wave or wriggle their fingers, toes, arms and legs. Describe for your baby what you can see “I can see you holding up your hand and stretching out your fingers. Can you clap like me?” Slowly model clapping your hands and wait for baby to watch or copy.
3. You can also support baby on your lap and play simple finger play games such as Round and Round the Garden.

#### Other ideas

Lie next to them on the floor for tummy time and talk about what you can see them doing “You stretched your arm and reached the blocks” or “You rolled over and are crawling very fast!”. While baby may not fully understand, they are listening to your voice and beginning to associate some simple words with their actions.

Share a book together and let baby touch the pictures, and try to turn the pages. Baby may try to put the book in their mouth which is normal, and it helps them learn how books feel.

#### Songs to sing

*Hickory Dickory Dock, One Two Buckle My Shoe or Twinkle Twinkle Little Star.*

#### Key message:

The first five years matter and last a lifetime.



**Adult supervision is essential. Involve and talk with your child as much as possible.**

