



move

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Elizabeth Verdick & Marjorie Lisovskis

Every day, in every way,
babies **move.**



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Push, baby,
push!



Movement Tips for Parents and Care Providers

- ♥ Movement is essential for your baby's motor development, strength, and growth. As babies move, they discover what they can do with their bodies. This builds networks of brain cells that eventually help baby think and learn.
- ★ Starting from infancy, offer lots of supervised tummy time—which helps strengthen baby's arms, shoulders, and back (essential for learning to crawl). Place favorite toys a short distance away so he'll need to reach or move toward them.
- ♥ Babies enjoy being able to move even during “quiet” times. Hang a mobile above the crib. In front of baby's car seat, provide a small playboard with lots of things to grab, turn, and move. Encourage splashing and kicking during bathtime.
- ★ Also be sure to get your baby out of the crib, car seat, and infant seat and onto the floor for stretching, rolling, and pushing up. Have a baby-proofed room that includes tunnels to crawl through, toys on the floor that your child can reach for, and objects that move (like balls or trucks).

- ♥ As an older baby shifts to becoming upright and walking, make sure there is sturdy furniture she can use for “cruising” (grabbing hold, pulling up, and motoring around).
- ★ Engage with your child in movement. This lets him know you love him and enjoy spending time with him. Plus, it's good for *you*. Get down on the floor to play at baby's level. Toss a soft ball back and forth. Spend time together in the baby pool on hot days. Move, move, move!

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217 Fifth Avenue North, Suite 200
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