

# ACTIVE TOTS

# 0-3 MONTHS



LET'S  
GET  
MOVING

## TUMMY TIME



- **Interact with baby in lots of different ways**
  - talking, e.g. about what baby is doing and what you are doing, singing and reading
- **Carry baby in different positions** – in arms; on shoulder; face down on forearm

NB. Baby's head may need supporting.

**Let baby have lots of tummy time from day one – Little and often is best!**

- **Lie baby on your chest** while sitting in reclined position or lying down
- Sit on floor, cross your legs and lie baby over your lap
- **Incorporate tummy time** into nappy changes.
- Get down on floor with baby
- Try different carrying positions
- **Encourage interaction** through talking, singing, shaking toys and sounds.

NB. Little and often is best for babies unused to tolerating this position.

Use different materials [blankets, play mat] to encourage feeling different textures



## EXPERIENCE THE OUTDOORS



- **Place baby on rug/blanket or grass** (if dry), under a tree if possible to watch the leaves
- **Take baby outside** for walk in pram.



# SINGING SONGS FOR ALL BABIES



- Any action songs and nursery rhymes are fine, and show baby the actions, e.g. clap hands, clap his/her feet, bicycle his/her legs. **Encourage baby to look and play with their hands and feet**
- **Do the actions yourself and others** such as wiggling fingers, pulling funny faces, clicking fingers, waving
- With baby on his/her back, **hold each hand in yours and cross the baby's hands in front of his/her body** [so hugs him/herself] and then uncross hands. Repeat several times and do the same with the legs
- **Play peek-a-boo** – hide your face behind hands or blanket and then show your face
- **Slowly lift baby up and down** and spin slowly round and round.



Hold and support baby whilst dancing to music



## IDEAS TO HELP DEVELOPMENT

- Toys that play music and make sounds
- Colourful mobiles
- Musical mobiles
- Teething toys
- Unbreakable mirror
- Cloth or board books
- Black and white patterns
- Rattles
- Variety of soft toys with different textures
- Nursery rhyme books
- Posters on the ceiling
- Bubbles
- Feathers
- Sensory toys
- Objects.



Cloth or board books

Toys that play music and make sounds



For more information visit:  
[active-together.org/active-tots](http://active-together.org/active-tots)  
Or scan the QR code:



Funded by Leicestershire County Council.

