

ACTIVE TOTS 6-12 MONTHS



LET'S
GET
MOVING

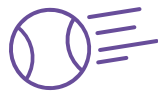
FLOOR PLAY

- **To help babies learn to move**, place toys to the side of them to encourage reaching and balancing, as well as noises (music, voices, different sounds, toys). Gradually move objects so they are further away
- **Get down and play with baby on the floor**, provide stimulating age-appropriate toys that hold their interest.



Encourage
side lying and
playing

PLAYING WITH BALLS



Collect different types of balls, e.g. foam, beach, koosh, balloon ball, plastic, tennis etc

- Place a cardboard box a short distance away and **show baby how to 'roll' ball into box**
- Set up skittles and **show baby how to knock the skittles down** with the ball (make skittles by partly filling plastic bottles with sand or rice)
Safety: Glue lids on bottles
- **Dangle a ball in a sock in front of baby's body** and encourage baby to reach for other objects on the midline
- If sitting unaided, **gently kick a soft ball (foam, paper) towards baby** and encourage them to kick at it.



TRACKING OF OBJECTS



- **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.

Blow bubbles
for baby to
follow, catch,
clap and
reach for





OUTDOOR PLAY

- If dry, encourage exploration of grassy areas, under trees etc. [Always check these areas first]
- Use natural materials for sensory exploration, e.g. sand, soil, leaves, twigs, flowers etc

Use play equipment outside, e.g.

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

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], cardboard 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**
- **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.

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.**



For more information visit: active-together.org/active-tots
Or scan the QR code:



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