



journey of movement

Reach 180 minutes of movement
as a family each day

early mover



Help me to...

...stand independently.

Let me stand from a sitting position and sit back down.

...climb.

Use pillows and blankets for me to climb up, down over and under.

...walk independently.

Encourage me to walk to explore around me.

...messy play.

Make sure I play with objects that are safe for me to put in my mouth.



I love it when you...

...clap and stamp to music with me.

...sing nursery rhymes and do the actions with me.

...play on the floor with me.

...place toys around the room for me to collect.



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