

journey of movement

Once your baby is mobile, encourage them to be as active as possible



mobile baby



Help me to...

...cruise.

Help me move along objects I can hold whilst standing.

...push up onto all fours.

Put the palms of your hands behind my feet.

...crawl.

I might try and crawl in different ways so let me find a way that works for me.

...sit up.

To help strengthen my body.



I love it when you...

...let me explore water using sponges to squeeze.

...notice and give me praise and encouragement.

...use lights and noises to encourage me to move.

...let me sit on you and climb over you.



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