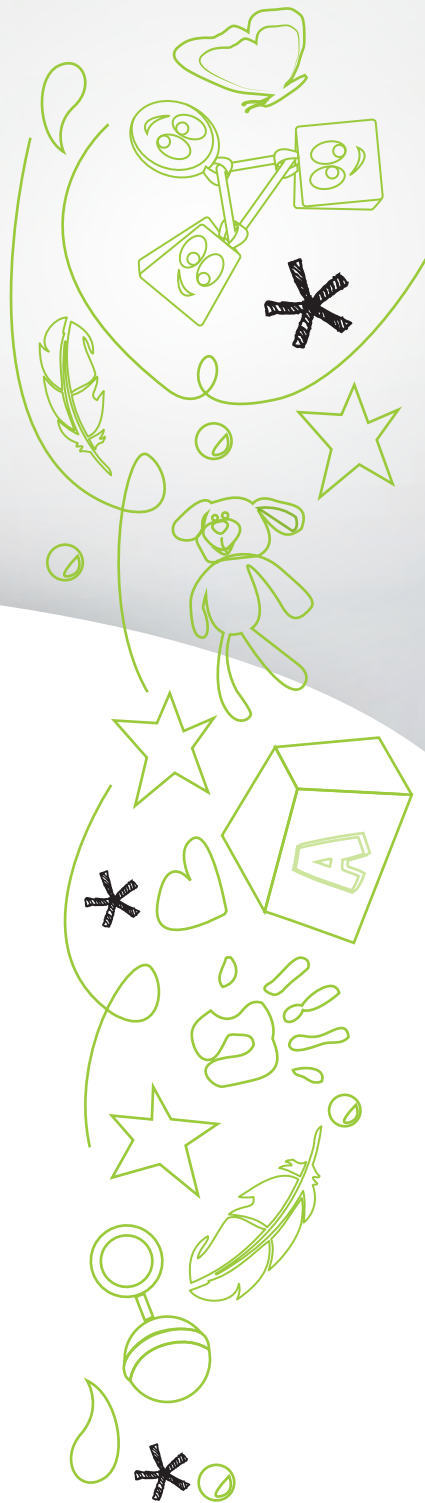


Newborn to 6 months

* * Move with * * me



PHYSICAL DEVELOPMENT TIPS

- Give your baby Touch Time by massaging or blowing down a straw onto your baby's skin or by using different objects such as feathers or fabric.
- Wrap your baby in a blanket to help them feel safe.
- Support your baby's head and neck when holding them.
- Place your baby on their tummy, so they can practice using their back muscles to be able to lift their head. This is sometimes called Tummy Time.
- Copy the faces your baby makes.
- Lie your baby on their back, show them an object and move it from side to side for them to follow with their eyes.
- Laugh and smile with your baby.
- Gently bounce your baby on their feet.
- Make sounds from different directions, to encourage your baby to turn.
- Hold your baby upright and let them bear weight and make some stepping movements.
- Sit your baby on your lap and gently rock back and forward.
- While you are sitting, lay your baby over your knees and lift alternate knees.
- Hold your baby close and dance together.

Newborn to 6 months

"what I like"

- To look at you and my surroundings.

"what I can do"

- Hold onto an adult and be pulled up to a sitting position.
- Keep my arms and legs close to me.
- Keep my fingers in the palms of my hands.
- Tilt my head to one side, when you put me on my tummy.
- Look at your face.
- Suck.
- Lift up my head and hold it steady.
- Follow objects with my eyes, using my whole head.
- Smile and laugh.
- Bear weight on my legs.
- Push up on my elbows and on to my hands, while I lie on my tummy.
- Bring my hands together.
- Grasp objects.
- Roll from my tummy to my back, but I find it harder to roll from my back to my tummy.
- Play with my hands and feet, while lying on my back.
- Feel and explore objects with my mouth.



* Did you know?

Tummy Time helps with coordination, balance and posture control.

This leaflet is from a series of seven, each leaflet covers a different age range, from birth to four years plus. Children develop at their own rates and in their own ways. The ages are suggestions of typical ranges of development. If you have any concerns about your child's physical development, speak to your GP, health visitor, or someone at your Sure Start Children's Centre.

You can find all the leaflets and links to other useful websites online at

www.surreycc.gov.uk/earlylearning 

