

Movement Activities with your Baby

Place sticky notes in visible and low areas of your home. Guide your baby to the notes and encourage them to pick them up.

Place your hands under your baby's underarms. Guide them to a standing position and encourage them to walk a few steps. Count each step.

Tie a string to your baby's toy and drag it on the floor, so your baby can crawl to it. Keep the toy just out of their reach, so they'll be encouraged to keep crawling to it.

When you are out of your baby's line of sight, call out for them. See if they'll move around or crawl until they find you.

Crawl around your home with your baby and touch or grab objects that are safe for them to touch and explore themselves.

Put out some pillows and cushions on the floor, and have some chairs out, and position them like an obstacle course, so your baby will be inclined to go over or under these objects.

Sit your baby on your lap with their back facing your front. Blow on their neck and talk to them. See if they turn to you.

Hold a broom sideways in front of your baby and encourage them to stand and hold on with both hands. Inch backwards, so they'll be compelled to take a few steps forward.

Place a toy on a chair that is tall enough for your baby to reach while standing up. Encourage them to pull themselves up to a standing position to grab the toy.

While your baby is on your lap, sway them from side to side, to the point of almost toppling them over, but bring them back to the centre of your lap.



Songs to Sing to your Baby

Singing Tip!

Bounce your baby, tilt them back and give them lots of kisses with "They'll be Coming Round the Mountain"!

They'll Be Coming Round the Mountain

They'll be coming round the mountain when they come (yee haw!)

They'll be coming round the mountain when they come (yee haw!)

They'll be coming round the mountain.

They'll be coming round the mountain.

They'll be coming round the mountain when they come (yee haw!)

Other verses: They'll be riding six white horses when they come (whoa, there); We'll all go out to meet them when they come (kiss, kiss)

A Smooth Road

A smooth road, a smooth road,

a smooth road, a smooth road (*Sway baby*)

A bumpy road, a bumpy road, a bumpy road, a

bumpy road (*Gently bounce baby*)

A rough road, a rough road, a rough road, a

rough road (*Bounce baby*)

... a hole! (*Drop baby between your legs*)

Giddyap!

(*Bounce baby on knee or lap*)

Giddyap, giddyap, ride to town.

Giddyap, giddyap, up and down.

Giddyap fast. Giddyap slow.

Giddyap, giddyap, giddyap, WHOA!



Safety Tip!

If you have a newborn, gently bounce your baby in your arms with these songs. When they're a bit older and they have more control of their body, bounce them on your lap.