

# Move Baby Move



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Inquiries should be addressed to the Deputy Director-General, Department of Communities, PO Box 15187 City East, Brisbane Queensland 4002.

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## CONTACT US

Department of Communities  
Level 14 Mineral House 41 George Street Brisbane Queensland 4000  
PO Box 15187 City East Qld 4002  
Telephone (07) 3237 0098; Facsimile (07) 3237 9879  
Email [info@srq.qld.gov.au](mailto:info@srq.qld.gov.au); Website [www.sportrec.qld.gov.au](http://www.sportrec.qld.gov.au)



## MESSAGE FROM THE MINISTER

The benefits of regular physical activity for young children should not be underestimated.

Just as early exposure to learning stimuli is important for a child's cognitive development, regular physical activity is essential to enhance muscle coordination, bone strength and brain development.

With this in mind, the *Move Baby Move* publication has been developed to provide a resource for parents and carers who wish to incorporate safe, active movements into their baby's daily routines.

This helps to not only promote growth and development, but to also build a solid platform for ongoing involvement in physical activity as babies grow into toddlers and then pre-schoolers.

Hopefully, this will help our children to carry a natural love of physical activity with them through the rest of their lives. This is especially vital at a time where the rates of childhood obesity in Queensland have risen to alarming levels.

In light of this, the Queensland Government has committed to making Queenslanders Australia's healthiest people. We believe that encouraging and participating in physical activity with your child is just as important to their development as helping them with their homework.

As children grow, participation in regular good quality physical activity can positively affect self esteem, provide opportunities to interact with other children and join social networks, and even help with their concentration at school. Setting up these activity patterns and attitudes early in life will encourage children to make healthy lifestyle choices into their teens and as an adult.

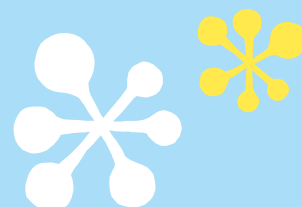
This publication contains a range of facts and tips to guide parents and carers as their child grows through their first 14 months of life.

I trust it will be a most beneficial resource to help you incorporate regular physical activity into your child's routine from an early age.

A handwritten signature in black ink that reads "Phil Reeves". The signature is fluid and cursive.

**PHIL REEVES MP**

Minister for Child Safety and Minister for Sport



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# What does it mean to be active?

Being active is what we do every day when we move - any movement, indoors or outdoors, with or without equipment, small movements as well as large. For your baby it includes moving an arm or a leg, for older children it might mean playing hopscotch, throwing a ball, playing in the park or playing football, for you it might be going for a walk or a run, cleaning the house, playing basketball or cricket, dancing or lifting weights.

## Move to Learn - Learn to Move

- \* **YOU**, mum or dad, are your baby's first teacher.
- \* **THIS** information is for you to use and to think about and to trust.
- \* **YOUR** baby at birth is able to do a few things – breathe, cry, suck.
- \* **SOON** your baby will start to look at you and to smile.
- \* **SOON** your baby will be able follow you with her eyes.
- \* **SOON** your baby will be able to LIFT her head and REACH and HOLD with her hands.
- \* **SOON** your baby will be able to ROLL OVER and SIT and then MOVE AROUND by himself.

## What do you need to do?

- \* **YOU** need to HOLD your baby.
- \* **YOU** need to TALK to your baby.
- \* **YOU** need to let your baby MOVE because that's how babies learn the things that babies need to know.

The things that you do with your baby will help your baby to become a child who can do things for himself, who can make friends and share things, who can play games and take turns, who can go to school and listen and understand and learn things at his own pace.

The baby and child and adult who feels comfortable with her body likes being active and is able to enjoy the benefits of living an active life.

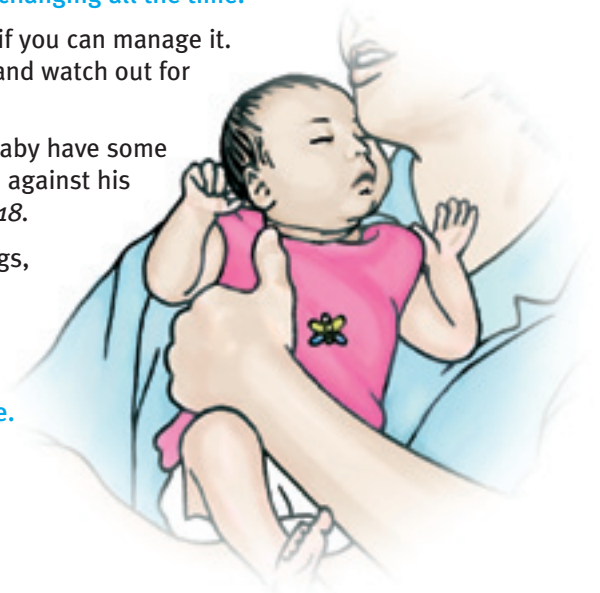
## Why is it important for babies to play?

- \* Playing and moving **helps** baby to learn about her **body**.
- \* Playing and moving **keeps** baby **healthy**.
- \* Playing and moving **keeps** baby's brain **busy**.
- \* Playing and moving **helps** baby to develop all his **senses**.
- \* Playing with **YOU** teaches baby that there are people who **care** about her.

# early infancy birth to 4 months

## What things do I need to know?

- \* **In the first few weeks many babies spend most of their time feeding and sleeping.** Lots of stroking, talking and playing can be done during nappy change, bathtime and dressing time.
- \* **It is normal for babies to cry,** some cry a lot, others hardly at all.
- \* **Unsettled babies may find regular, gentle movement very comforting.**
- \* Because baby's head is heavy and the muscles in her neck are weak it is important to **support and protect her head until she has better control.**
- \* Baby develops a better 'feel' for his body when **he is carried in your arms** (or in a sling or a pouch).
- \* **Baby needs to spend lots of play time on her tummy every day from day one.** This position is very important in helping baby to develop head control and bifocal vision as well as helping to strengthen her back.
- \* **Every baby is different and will learn to do things in his own time.**
- \* **Babies react to things in different ways.** Some babies are calm, some are fussy, some are sleepy, some are awake a lot.
- \* **Watch and learn from your own baby.**
- \* Your baby will let you know what she likes. **Listen to your baby and trust your own feelings.** If baby is unhappy with an activity she may be tired or not yet ready to do the activity. Try it again another time.
- \* **Babies can be hurt by 'rough' games.** Babies have very soft bones and joints and they frighten easily. Don't pull, throw or shake your baby.
- \* **Babies grow and learn fast so what they do will be changing all the time.**
- \* **Baby will enjoy some time out of doors every day** - if you can manage it. Remember to be careful to keep baby in the shade and watch out for birds and biting insects.
- \* **Dress baby in comfortable clothes.** If it's warm let baby have some time with no clothes at all so that he can feel things against his skin and move really freely. **See: Sun facts on page 18.**
- \* **Babies learn physical things** (like holding onto things, sitting up, crawling) **through moving.**
- \* Spend lots of time **talking to your baby** and try to spend some time **reading to your baby.**
- \* **YOU are the most important thing in your baby's life.** Your baby will enjoy being with you.



## What physical things will my baby be able to do?

All babies are different and learn to do things at different times – some babies are fast with some things, but slow with others.

Your personal health record tells you when your baby should be taken to a doctor or child health nurse for a check. This is important for the early detection of any problems.

Some things you might expect your baby to do are listed below. If your baby isn't doing some of these things, she may need just a little more time. But if you are worried, you should talk about it with your doctor or a child health nurse.

### 1 MONTH to 2 MONTHS

- \* Searches for something to suck
- \* Turns head if something blocks his breathing
- \* Arms and legs move but can't control them
- \* Brings closed fists up to mouth
- \* Can see adult's face and follows with eyes
- \* Lifts head from tummy position
- \* Reacts to sounds
- \* Cries as a means of communication

### 3 MONTHS to 4 MONTHS

- \* May hold an object for a few moments
- \* May swipe at hanging objects
- \* Moves both arms and legs when lying on back
- \* May lift head and chest when placed on tummy and propped on forearms
- \* Kicks more strongly
- \* Good head control
- \* Cries, whimpers and smiles as a means of communication

## What about food?

**Babies need good food to grow and to be active.**

For the **first 6 months exclusive breastfeeding** is ideal for promoting normal physical growth and development and for maintaining baby's health.

## What toys are best

**Some suggestions-** check labels for age suitability

- \* Toys that play music
- \* Colourful mobiles
- \* Musical mobiles
- \* Soft cloth ball
- \* Teething toys
- \* Unbreakable mirror
- \* Posters to put on the ceiling
- \* Large plastic keys
- \* Rattle
- \* Cloth or board books

## How can I keep my baby safe?

- \* **From day one get into the habit of watching your baby** - just being there and being aware is the best safety measure.
- \* **Never leave a baby alone** on a change table, in a car, in the bath, outside on the ground.
- \* **Use an Australian Standards approved car restraint** and adjust the harness to fit the baby on every car trip.
- \* **Protect baby from the sun** *See: Sun facts on page 18.*
  - if possible go out in the early morning or late afternoon
  - provide or look for shade
  - dress baby in light weight, long sleeved clothing and a hat.
- \* **If you use a bouncer always place it on the floor and supervise.**
- \* **Always put hot drinks down** and out of reach when holding baby.
- \* **Never dress baby in clothes with long drawstrings, ribbons or cords** that could wrap around her neck, fingers and toes.
- \* Use nursery furniture that meets the **Australian Standards.**
- \* **Position the cot away from curtain cords** that could strangle baby.
- \* **Don't use** bumpers or pillows in the cot.
- \* **Place baby on his back to sleep.**
- \* **Don't put baby in a pram to sleep unsupervised** because of the risk of smothering.
- \* **Keep baby's play area clear of small items** that she could choke on (anything that can fit into a film canister can be swallowed by a baby).
- \* **Keep dogs and cats away** from babies.
- \* **Never use balloons as toys.**
- \* Check that **toys are durable and washable.**
- \* **Check toys regularly.** Little things that come loose can easily choke baby.

Contact KIDSAFE QLD – phone 3854 1829 for more safety information

# Some things to do with my baby

✧ Carry and cuddle baby ✧ Let baby move freely ✧ Give baby play time on her tummy ✧

## I learn by being held and touched and by moving around with you

### Cuddle and rock baby

- Hold baby so that she can hear and feel your heartbeat
- Dance with baby
- Sing and move together
- Sway in time to music
- Lie on your back and lift baby up

*This feels good, doesn't it?*



### Carry baby

- In your arms
- In a sling or baby carrier
- On your shoulder
- Face down on your forearm

*Your baby's head may need support*

### Sit on floor with your back against a wall and your knees bent and place baby along your knees looking up at you

- Have a talk
- Sing some songs
- Show him some finger plays
- Sway your knees from side to side

*Your baby enjoys looking at your face*

### Movement will help baby to settle

- Rock her to sleep in a rocking chair
- Take baby for a walk in her pram
- Use a baby hammock for gentle swaying movement

*Play soft, gentle music*

### Let baby feel things all over

*for example:*

- If it's warm let baby have some time without clothes
- Massage him with some light vegetable oil
- Touch baby all over with different soft materials eg something feathery, a furry toy, a piece of velvet or silk
- Let baby float and enjoy the feeling of warm water at bath time

*Never leave baby alone in the bath*

## I learn by reaching and touching and holding

### Give baby a finger to hold and talk to her about it

"What a strong girl!"

### Give baby a soft rattle to hold



### Dangle objects for baby to touch

*for example:*

- Hang things over the cot, over the change table, from a chair, from a frame
- Look for things that make a noise, things that move, colourful things and black and white things

*Tie objects really well*

*Don't use anything smaller than will fit in a film canister*

### Put baby on the floor

- On different surfaces
- In different positions

*for example:*

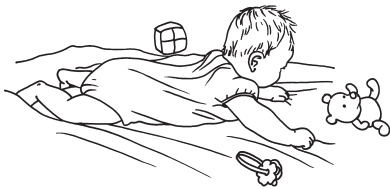
- Let baby have time on his tummy, and on each side, as well as on his back
- Let baby lie on different materials eg cotton blanket, sheepskin, large silk scarf, tissue paper

*Never put baby to sleep on a sheepskin*

## I learn by moving my arms and legs

### While awake let baby have lots of play time on her tummy from day one

*Baby will let you know when she's had enough*



### Let baby move

- Let baby have a kick without a nappy while on the change table or anytime
- Put baby on a large rug with plenty of room to move
- Let baby lie on her tummy and on her side as well as on her back

*Never leave even a little baby on the change table alone*

### Sing songs with baby

- Any song can become an action song
- Have fun with baby ... help him to clap his hands, clap his feet, bicycle his legs, give himself a hug
- Show him how you clap your hands, how you wiggle your fingers, how you twirl, how you bob up and down

*If baby doesn't like a movement try something else*

## I learn by looking and listening

### Look at baby and talk to her

*Smile back to show her how much you enjoy her smile*

### Talk about what you're doing

### Sing to your baby

### Let baby follow an object with her eyes

*for example:*

- Move your face, a rattle, a coloured ball or a toy
- Play aeroplanes with your hand or a toy, motor around in the air and land on baby's tummy
- Put baby where he can see things moving (streamers, a mobile, the trees outside, washing on the line ...)

*Is baby enjoying this game?*



### Encourage baby to use her hearing to find things

*for example:*

- Shake a rattle from the side or back of baby and see if she can find it
- Call baby by name and see if she will turn to find you

### Play all different types of music for baby

### Place a string of brightly coloured objects across the cot or above the change table or attach to a frame

### Let baby hear and see different things

- Take baby for a walk outside in your arms or in a sling and let him look at things close up
- Take baby for a walk in the pram and talk about where you're going
- Put baby on a rug on the floor, on his tummy and on his back ... what can he see?
- Put baby on a rug outside on the grass

*It's lovely to spend time with baby outdoors. Remember to keep baby in the shade and watch out for birds and biting insects.*

## I learn by hearing movement words

### Talk about what baby is doing:

"You're kicking your legs!"  
"You're holding my finger!"  
"You caught the rattle!"

### Talk to baby about what you're going to do:

"Now we're going for a walk."  
"Let's look for that ball."

### Read to baby

Play with action words, let your voice go UP and come down and go SO FAST and then ... so slow ...

### Sing movement songs with baby

*for example:*

Simple nursery rhymes like Humpty Dumpty, Jack and Jill ...

**See:** Movement songs on page 21.

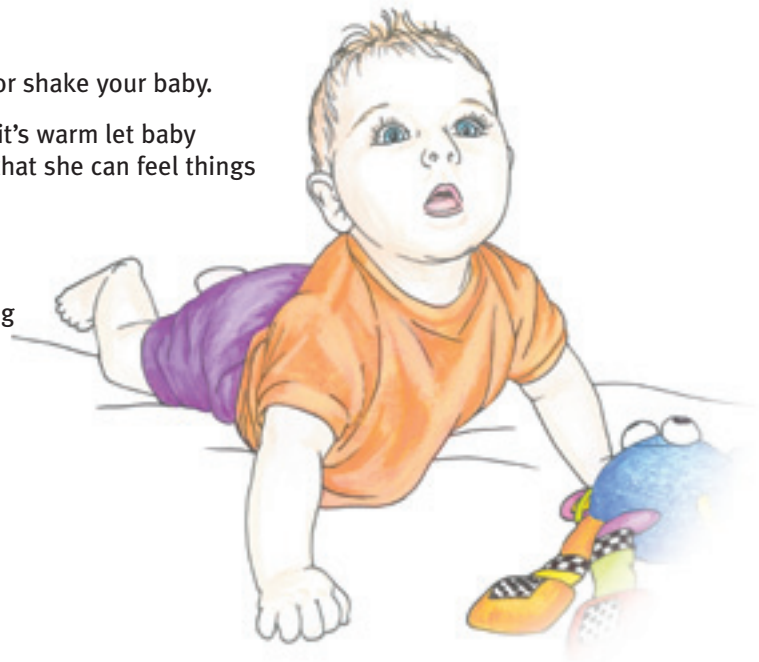


# middle infancy

## 4 to 8 months

### What things do I need to know?

- \* **Every baby is different** try not to compare your baby with other babies of the same age.
- \* Because all babies are different, **some babies just won't like some activities**. Don't worry about it, try something else.
- \* Sometimes your baby may be unhappy with an activity because she is tired or not yet ready to do the activity. **Try it again another time**.
- \* **Babies grow and learn fast** so what they do will be changing all the time.
- \* **Babies learn by playing**. Play with your baby but also allow him some time to explore his world in a safe way on his own.
- \* Baby will develop stronger muscles if she spends **lots of play time on her tummy every day**.
- \* Babies enjoy different things to look at and feel. **Let baby have some time out of doors if you can**. *Remember to be careful to keep baby in the shade and watch out for birds and biting insects.*
- \* **Babies learn by hearing words**. Talk or sing to baby while you do things together and read to baby as often as you can.
- \* Baby will enjoy doing a **variety of things**, but activities must be safe.
- \* **Babies need lots of space to move**. Give baby a large mat to play on, a large area to explore. If you have to confine baby for a short time use a playpen rather than the cot or high chair.
- \* **Babies can be hurt by 'rough' games**. It is important not to roughly pull, throw or shake your baby.
- \* **Dress baby in comfortable clothes** and if it's warm let baby have some time with no clothes at all so that she can feel things against her skin and move really freely.  
*See: Sun facts on page 18.*
- \* **YOU are the most important thing in your baby's life**. Your baby will enjoy being with you while you do things, particularly if you include her in what you're doing.



## What physical things will my baby be able to do?

All babies are different and learn to do things at different times – some babies are fast with some things, but slow with others.

Your personal health record tells you when your baby should be taken to a doctor or child health nurse for a check. This is important for the early detection of any problems.

Some things you might expect your baby to do are listed below. If your baby isn't doing some of these things, she may need just a little more time. But if you are worried, you should talk about it with your doctor or a child health nurse.

### 4 MONTHS to 6 MONTHS

- \* Reaches out with arms
- \* Holds rattle and puts it in mouth
- \* Rolls over from side to back and from back to side
- \* Sits with support and holds head steady
- \* Able to raise head and hold it up while lying on tummy
- \* Brings feet to mouth when lying on back
- \* Sits with some support
- \* Reaches out from a sitting position and grabs many objects
- \* Rolls over in both directions
- \* May move forward on tummy and push with legs
- \* Moves object from one hand to the other
- \* Looks towards sounds
- \* Follows your face with her eyes

### 7 MONTHS to 8 MONTHS

- \* Brings hands together to clap or bang things together
- \* Grabs for a toy with one hand
- \* Supports all weight on legs
- \* Likes to bounce when held
- \* Sits with a little support
- \* When sitting turns from side to side to reach for objects
- \* May be able to get into a sitting position by pushing up on arms
- \* Can see clearly
- \* Laughs, chuckles, squeals, babbles
- \* Moves around floor in own way eg creeps, crawls, bottom shuffles ..

## What about food?

**Babies need good food to grow and to be active.**

For the first **6 months exclusive breastfeeding** is best, if you can, with continued breastfeeding until at least 12 months.

In addition to breastmilk, after **6 months** low allergy foods like baby rice cereal (iron fortified) may be introduced as well as vegetable and fruit purees. To broaden baby's taste introduce vegetables before fruit. First vegetables to try include potato, sweet potato and pumpkin and well-tolerated fruits include banana, apple and pear. Once these foods are well tolerated add a little pureed meat (mince, chicken, fish). Toast fingers and rusks can also be added.

At **8 months** baby can also have plain cereals, cooked egg yolk, bread and pasta. Around this age the texture of food should gradually be changed to roughly mashed or minced, as baby is more able to chew. Cheese, custards, yoghurt and small amounts of cow's milk in breakfast cereal can be introduced from about **9 months**.

The National Health and Medical Research Council recommends that cow's milk should not be introduced as a drink into baby's diet before 12 months.

## What toys are best

**Some suggestions** - check labels for age suitability

- \* Small toys to grasp
- \* Teething toys
- \* Lots of different balls
- \* Inflatable beach ball
- \* Toys that move
- \* Rattles
- \* Cloth and board books
- \* Noisy toys
- \* Activity centre
- \* Frame for hanging mobiles
- \* Lots of cushions
- \* Sheepskin (*not for sleeping on*)
- \* Boomerang pillow (*not for sleeping*)

# How can I keep my baby safe?

- \* **Be there, be aware** – supervision is the best safety measure.
- \* **Never leave a baby alone** on a change table, in a high chair or stroller, in a car, in the bath, outside on the ground, anywhere near water.
- \* **Always use an Australian Standards approved** harness or restraint in the high chair, in the pram, in the car.
- \* **Make sure the hot water tap can't be turned on by accident** and check that the hot water system is set below 50 degrees celsius.
- \* **Baby is growing and learning so fast.**  
One morning she can't roll, the next she can! One day she's safe lying in the middle of your big bed, the next she'll roll off and thump onto the floor. You have to watch her and be ready for the next stage of development!
- \* **Protect baby from the sun** *See: Sun facts on page 18.*
  - if possible go out in the early morning or late afternoon
  - provide or look for shade
  - dress baby in light weight, long sleeved clothing and a hat
  - from 6 months use baby sunscreen on exposed skin only
- \* **If you use a bouncer always place it on the FLOOR and supervise.**
- \* **Always put hot drinks down** and out of reach when holding baby.
- \* **Place baby on his back to sleep.**
- \* **Don't use** bumpers or pillows in the cot.
- \* **Check for dangers around baby's play area** eg heater or fan, stairs ...
- \* **Keep baby's play area clear of small items** that she could choke on (anything that can fit into a film canister can be swallowed by a baby).
- \* **Keep dogs and cats away** from babies.
- \* **Never use balloons as toys.**
- \* Check that **toys are durable and washable** and in good working order.
- \* **Check toys regularly.** Little things that come loose can easily choke baby.
- \* **Baby walkers are not recommended.**
- \* **Once baby is mobile try lying on the floor and look around the house from the baby's point of view.** What things can she reach or move, what things might she want to pull, what little things are hidden under the sofa?
- \* **Place lids on nappy buckets and store them up high** to avoid poisoning and drowning.
- \* **Keep medicines and cleaning products in a high cupboard out of sight and well out of reach.**  
**Never leave any medication in your bag.**
- \* **Put child resistant locks on cupboards** that you want to keep baby out of.
- \* **Keep sandbox covered at night** and check or rake it before baby plays in the sand.
- \* **Empty kiddie pools immediately after use.**
- \* **Fence the garden and lock gates,** especially into pool areas.
- \* **Keep emergency phone numbers** by the phone.
- \* If possible, take a **course in first aid and CPR.**

**Contact KIDSAFE QLD – phone 3854 1829 for more safety information**

# Some things to do with my baby

❖ Let baby move ❖ Let baby explore ❖ Give baby play time on her tummy ❖

## I learn by being held and touched and by moving around with you

### Baby still loves cuddles

for example:

- Cuddle baby while you read a book together
- Have a cuddle and a rock in a rocking chair
- Dance together
- Sing to baby and touch his nose, his toes, his knees and chin...

### Carry baby in different ways

for example:

- Hold baby over your shoulder
- Hold baby in a sling or baby pouch
- Hold baby with his back against your chest



### Move baby in different positions

for example:

- Lie or sit baby on your knees and bounce her up and down
- Lie on the floor and lean baby against your knees
- Carry baby around the house searching for a toy and make a game of it ... Where's teddy?

*Play this game outside too. Involve other children. See: Action songs and watery songs on pages 20 & 21.*

- Go to the park and let baby have a swing on your lap
- Put baby, tummy down, along your arm and swing her in the air
- Have a bath with baby and move her back and forth like a boat



### Touch baby all over

for example:

- Give her a massage after her bath or any time
- Tickle her with something soft like a feather
- Touch different parts of her body while you sing
- If it's hot use a wet sponge to cool her down
- Blow on baby's feet, hands, hair...
- Blow raspberries on tummy, toes, fingers, back of neck ...

## I learn by reaching and holding and touching and tasting

### Give baby lots of play time on his tummy

- Spend time playing on the floor with him
- Put toys where he can see them and reach for them
- Give him some toys that roll - show him how they roll

**WATCH ... BE THERE ...CHALLENGE...**



### Give baby different things to hold

- Bought toys are fine eg rattles, squeaky toys, teething rings, balls...

*Check labels for age suitability*

- But common things from around the house are fine too eg plastic things from the kitchen, pots and pans, sponges, paper, empty tins with lids, plastic lids ...

*Baby will explore with her mouth so make sure the things you give her are safe and clean*

*See: How Can I Keep My Baby Safe? on page 8.*

### Play pulling and pushing games

for example:

- Roll a soft ball to baby and show her how to stop it and push it back to you
- Play baby 'tug of war' with a toy



- Let baby play with plastic wheeled toys – show her how to push them to make them go

### Give baby different things to touch

for example:

- Scrunched up paper, a sea sponge, soft fabric...
- Make a book with pieces of carpet, wool, plastic, fur, silk ...
- Cloth, board and plastic books
- Old magazines
- Toys made of plastic, fabric...

### Tie some small toys with short lengths of wide elastic and hang them from baby's high chair

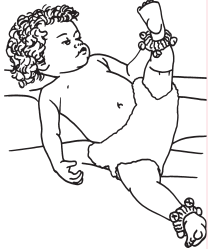
- Start with one and then add more
- Show him how to pull them up and drop them down again

## I learn by moving my arms and legs and body

### Babies love to kick

for example:

- Hang a rattle or bells where baby can kick them
- In cooler weather put baby in booties with coloured toes or pompoms, or soft slippers with bells on them



### Safety check bells

- Hold a biscuit tray or aluminium plate at baby's feet and talk



about the noise she makes when she kicks it

- Let baby kick in the water (in the bath or in a wading pool)

- Let baby kick in the sand (at the beach or in a sandbox)

*If you have sand for baby to play in cover it at night and check and rake it before use*

*Never leave baby unattended in the bath or in a wading pool*

### Give baby lots of play time on his tummy

for example:

- Prop him on his elbows to help him raise his head
- Lie on your tummy in front of baby and have a 'talk'
- Prop a plastic mirror in front of baby where he can see himself
- Fill empty plastic bottles that will roll with small/colourful/noisy things (glue lids on)
- Put colourful, noise-making toys where baby can reach for them
- Hold a toy to the side where he can see it and fly the toy over baby's head and land on the other side – he'll follow with his eyes and may roll over as well

*See: Rolling games on page 21.*

### Sing movement songs with baby

You can add movements to any song, for example:

- Clap hands together, clap feet, bounce up and down, sway from side to side ...



*See: Movement songs on page 21.*

### Let baby sit

for example:

- On your lap
- On the floor between your legs
- Leaning against a boomerang pillow
- Propped up by cushions

## I learn by hearing movement words

### Act out songs and fingerplays with baby

for example:

*Clap your hands, one-two-three,*

*Play a clapping game with me.*

*Now your hands have gone away.*

*Find your hands so we can play.*

*(Wellhousen, 2002:43)*

*Head and shoulders, knees and toes,*

*knees and toes, knees and toes.*

*Head and shoulders, knees and toes,*

*We all clap hands together!*

*Swinging so high,*

*Swinging so low.*

*Swinging so high,*

*Swinging so low.*

*If you don't know many songs don't worry – babies love to hear the same song over and over.*

*See: Movement songs on page 21.*

### Read picture books with baby

Read stories with simple action words and pictures, stories with repetitive phrases are lots of fun eg *Run, run as fast as you can, you can't catch me, I'm the Gingerbread Man!*



### Use action words when you play and sing and dance with baby.

for example:

UP DOWN AROUND LOW HIGH  
BOUNCE SWAY ROCK JIGGLE JUMP  
KICK TWIRL THROW LIFT FAST SLOW  
OVER UNDER

Use words to talk about:

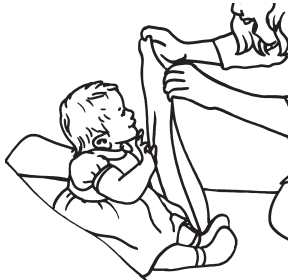
- what you are doing
- what baby is doing
- what you can see



## I learn by looking and listening

### Play peek-a-boo

- Hide your face behind your hands or behind a nappy and then show your face



### Play aeroplanes

- Buzz with your hand or a toy around baby and land on different parts of her body

### Blow bubbles

- At bath time, outside or anytime

### Play hiding games

*for example:*

- Show baby a toy, hide it under a washer then help him find it. Make the game more interesting, hide the toy under something small and then get larger - start with a washer, then a hand towel, then a tea towel, then a baby blanket
- Put a scarf into an empty lunch wrap cylinder so that it's all gone ... then pull it out of one end. It's magic!
- Call baby's name from the side or behind him and see if he can find you

### Change mobiles often - make your own

*for example:*

- Hang small plastic shapes from a wooden coat hanger
- Hang a piece of elastic or a hoop from the ceiling above the cot or change table and attach bells, a scarf, ribbons, soft toys
- Hang coloured streamers where they'll move with the breeze
- Hang wind chimes where they'll catch the breeze

*What things does your baby like to look at the most?*

### Use toys that make a noise when baby does something to them – by hitting, banging, shaking, rolling, kicking.

*for example:*

- Rattles
- Balls with bells in them
- Drums
- Foil trays
- Squeaky toys
- Saucepans

*Baby will start to see that she is causing the noise to happen*



# late infancy

## 8 to 14 months

### What things do I need to know?

- \* **Babies grow and learn fast** so what they do will be changing all the time.
- \* **Babies learn by playing.** Play with your baby but also allow her time to explore her world in a safe way on her own.
- \* **Every baby is different** try not to compare your baby with other babies of the same age.
- \* Because all babies are different, **some babies just won't like some activities.** Don't worry about it, try something else.
- \* At other times baby may be unhappy with an activity because he is tired or not yet ready to do the activity. **Try it again another time.**
- \* **Babies will learn to move in different ways.**
- \* **Babies can start walking as young as 9 months or much later.**
- \* **Babies enjoy spending some time out of doors** - every day if you can manage it.  
*Remember to be careful to keep baby in the shade and watch out for birds and biting insects.*
- \* **Baby will love to hear you** talk and sing and read to her.
- \* **Baby will enjoy a variety of activities, but activities must be safe.**
- \* **Babies need lots of space to move.** Give baby a large mat to play on, a large area to explore. If you have to confine baby for a short time use a playpen rather than the cot or high chair.
- \* **Babies can be hurt by 'rough' games.**  
*It is important not to roughly pull, throw or shake your baby.*
- \* **If it's warm let baby have some time with no clothes** so that she can feel things against her skin and move really freely. **See: Sun facts on page 18.**
- \* **YOU are the most important thing in your baby's life.** Your baby will enjoy being with you while you do things, particularly if you include him in what you're doing.



## What physical things will my baby be able to do?

All babies are different and learn to do things at different times – some babies are fast with some things, but slow with others.

Your personal health record tells you when your baby should be taken to a doctor or child health nurse for a check. This is important for the early detection of any problems.

Some things you might expect your baby to do are listed below. If your baby isn't doing some of these things, she may need just a little more time. But if you are worried, you should talk about it with your doctor or a child health nurse.

### 8 MONTHS to 9 MONTHS

- \* Opens fingers and hand to let go of an object
- \* Brings objects close to face and mouth
- \* Moves object from one hand to the other
- \* Will throw objects
- \* Picks up small objects with finger and thumb
- \* Sits alone
- \* Moves around in own way eg squirms on tummy, crawls, bottom shuffles ...
- \* Opens and closes hands
- \* May hold an object for a few moments

### 10 MONTHS to 11 MONTHS

- \* Sits confidently
- \* May stand alone
- \* May walk holding on to furniture
- \* May turn pages of a book
- \* Likes doing things over and over

### 12 MONTHS to 14 MONTHS

- \* May start walking but first steps are shaky with falls and bumps likely
- \* Points with index finger
- \* Holds two or three objects in one hand
- \* Turns containers over to dump contents
- \* May crouch to pick up a toy and carry it across the room
- \* May climb onto furniture

## What about food?

Babies need good food to grow and to be active.

Continued breastfeeding until at least **12 months** is ideal for healthy growth and development.

From **8 months** baby can try new foods including mixed baby cereals and plain cereals such as wheat, oats and semolina, well-cooked, softened pasta and tapioca, a wider variety of well-cooked, texture-appropriate beef, chicken or fish (being cautious with the bones) and cooked egg yolk (egg white from 9 months).

At **9 months** she may enjoy small pieces and strips of these foods that she can hold and feed herself as well as custard, yoghurt, other desserts made on full cream milk and cheddar, ricotta and cottage cheese.

From **12 months** baby should be enjoying family food in addition to breastmilk. Baby can have cow's milk, fruit, vegetables, lean meat, poultry, egg or fish, cereal, bread, legumes.

Feed baby at the table with you and the family and let him try your foods as appropriate for his age. In this way he will learn that eating and mealtimes are an important and pleasant time.

Apart from breastmilk or infant formula, the best drink for babies is water. Babies don't need juice – appropriately prepared fruit is recommended.

Cow's milk is not recommended for babies under 12 months but small amounts of cow's milk in foods such as breakfast cereal, yoghurt, cheese and custards can be given after about 9 months.

## What toys are best

Some suggestions - check labels for age suitability

- \* Push and pull toys
- \* Lots of different balls
- \* Ride on cars without pedals
- \* Beanbags
- \* Hammer toys
- \* Slide
- \* Stacking or nesting toys
- \* Lots of cardboard boxes
- \* Simple inset puzzles
- \* Sand and water
- \* Posting boxes
- \* Cloth and board books

# How can I keep my baby safe?

- \* **Be there, be aware** – supervision is the best safety measure.
- \* There will always be bumps, bruises and falls but we want to avoid **serious accidents**.
- \* **Baby is growing and learning so fast**. You have to watch her and get ready for the next stage of development!
- \* **Never leave a baby alone** on a change table, in a high chair or stroller, in a car, in the bath, outside on the ground, anywhere near water.
- \* **Always use an Australian Standards approved** harness or restraint in the high chair, in the pram, in the car.
- \* **Don't use** bumpers or pillows in the cot.
- \* **Make sure the hot water tap can't be turned on by accident** and check that the hot water system is set below 50 degrees celsius.
- \* **Protect baby from the sun. See: Sun facts on the page 18.**
  - if possible go out in the early morning or late afternoon
  - provide or look for shade
  - dress baby in light weight, long sleeved clothing and a hat
  - use baby sunscreen on exposed skin only
- \* **Once baby is mobile try lying on the floor and look around the house from the baby's point of view**. What things can she reach or move, what things might she want to pull, what little things are hidden under the sofa?
- \* **Babywalkers are not recommended**.
- \* **Keep the house clear of small items** that baby could choke on (anything that can fit into a film canister can be swallowed by a baby).
- \* **Check toys regularly**. Little things that come loose can easily choke baby.
- \* **Never use balloons as toys**.
- \* **Remove unsteady objects** from around the house eg those that are fragile such as rickety furniture that might topple.
- \* **Put a safety gate at the top of stairs**.
- \* **Around the house and in the backyard put dangerous things out of baby's reach** for example, put cleaning products in a high cupboard, put knives in a top drawer, lock cupboards and drawers that you don't want baby to open.
- \* **Place lids on nappy buckets and store them up high** to avoid poisoning and drowning.
- \* **Keep medicines and cleaning products in a high cupboard out of sight and well out of reach. Never leave any medication in your bag.**
- \* **Put child resistant locks on cupboards**.
- \* **Keep sandbox covered at night** and check or rake it before baby plays in the sand.
- \* **Empty kiddie pools immediately after use**.
- \* **Fence the garden and lock gates** – particularly into water areas such as a pool, pond, spa, dam.
- \* **Lock garden sheds** containing poisons, fertilisers, tools etc.
- \* **Check around and under the car** before reversing out of a driveway.
- \* If possible **put safety glass in low windows and shower screens**.
- \* **Keep emergency phone numbers** by the phone.
- \* If possible, take a **course in first aid and CPR**.

**Contact KIDSAFE QLD – phone 3854 1829 for more safety information**

# Some things to do with my baby

✧ Now that baby is more on the move she may enjoy more vigorous play ✧

## I learn by moving my body in different ways

### More vigorous play

for example:

- Play a tickling game that's a vigorous version of the earlier 'raspberries'
- Sit on a chair, lift baby up into the air then down to the floor between your legs. Sing an 'up and down' song or just make up and down noises
- Hold baby and fly her around the room
- Give baby a piggyback ride on your shoulders holding onto her arms or her legs



*Before you lift baby up in the air check for low ceiling fans.*

*See: Movement songs on page 21.*

### In the park or in your backyard

Have fun playing with your baby  
for example:

- Let him have a swing, sitting on your lap
- Sit baby on your lap and slide down the slippery slide together
- Let baby feel different surfaces, let him sit or crawl or walk on grass, sand, dirt, stones, through water ...

**BE THERE ... BE AWARE ...CHALLENGE.**



### Climbing / Rolling / Crawling

for example:

- Help baby to crawl up a 'mountain' of cushions and to roll down the other side
- Wrap tape around old phone books and cover with contact – they're good to sit on, climb onto, climb over ...
- Make a tunnel out of cardboard boxes, or chairs with a sheet thrown over...

*Remember to remove large staples from cardboard boxes*

*See: Rolling games on page 21.*

### Play chasey and hide and seek

for example:

- Crawl after baby
- Encourage baby to chase after you
- Both chase after a ball
- Hide a toy and help baby to find it

### Copy cats

Have some fun copying your baby's actions

- Can you do some of the things she does? How hard is it? How does she react when she sees you copying her?

### Push / Pull toys

for example:

- Pull along toys are great fun and often incorporate sounds and clever movement
- As baby's balance improves ride on cars are great to sit on or push along



### Singing games

For example:

- Sing songs using different parts of the body eg Pat-a-cake.
- Sing movement songs eg The Wheels on the Bus
- Sing and play a simple Hokey Pokey

*See: Action songs and body parts on page 20.*

### Ball play

for example:

- Sock Ball – put a tennis ball into the toe of a long adult sock. Hold it in place with a rubber band. Let baby play with it.
- Gently kick a ball to baby so that it stops at her feet. Some babies may try to kick it too.

## I learn by using my hands and eyes together

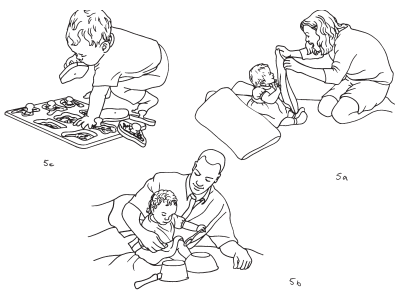
### Have fun putting things in and out of containers

You can buy lots of toys where shapes have to fit into a hole such as little hammering benches and simple inset puzzles but use things from around the house as well.

*For example:*

- Show baby how to put toys away into a plastic crate or bucket
- Give baby a large empty tin (NO SHARP EDGES) and dolly clothes pegs and show her how to put the pegs around the rim
- Give baby a clean and dry large plastic milk or drink bottle and show her how to put the pegs in one at a time. Can she get them out again? She may need some help
- Show baby how to drop beanbags into a cardboard box or basket – he can play this game from his high chair or from his cot or he might make a game of it on the floor
- Give baby a box with compartments and show him how to put paper towel rolls or plastic bottles in and out

*When buying toys always check labels for age suitability*



### Paper balls

Collect old magazines, tissue paper, wrapping paper, newspaper

- Show baby how to tear the paper and drop it into a box
- Show her how to scrunch paper into a ball and throw it

### Fingerplays and action songs

Help baby to act out rhymes with fingers and with the whole of his body

*See: Favourite songs and finger plays on page 20.*



### Drawing

From about 12 months baby will enjoy drawing but supervise this activity closely

- Tape a large sheet of paper onto a low table and give baby some chubby crayons – show him how to make marks on the paper
- Change the paper often and give baby different coloured crayons
- Save baby's work to share with the family

*Large sheets of butcher's paper are good for this activity*

### Baby's treasures

- Collect boxes of different sizes and with lids that baby can open and shut easily. Give baby a bucket of toys and other safe things from around the house – she will enjoy putting things into boxes and taking them out
- Or use clear plastic jars with lids

*You can decorate boxes with baby. You can count the toys, group them together by colour or by type ...*

### Playing with balls

Collect all different types of balls – different sizes, shapes and materials – foam balls, cloth balls, spiky rubber balls, balls with bells in them, holey balls ...

- Roll ball to baby and encourage him to roll it back to you
- Help baby roll a ball into a cardboard box or a basket
- Set up 'skittles' and show baby how to knock the skittles down with a ball

*Make skittles with plastic drink bottles partly filled with sand*



### Make music

*for example:*

- A saucepan and a wooden spoon for a drum
- Two saucepan lids make good cymbals
- Rice in plastic drink bottles make good shakers

*Glue lids on*

### Water play at bath time

*for example:*

- Give baby a container of water and cups, funnels, sieves, sponges, corks, floating toys and balls.

*Never leave baby in the bath on her own*

## I learn by listening

### Let baby have lots of practice in hearing simple questions and instructions

for example:

*Where's your pram?*

*Get your teddy*

### Involve baby in simple things around the house

for example:

- Cooking – *We need a bowl and a wooden spoon*
- Tidying up – *Let's put your toys in the basket*
- Gardening – *Let's give these plants some water*

### Where is teddy?

for example:

- Hide teddy and give baby some clues:

*He's in a box under the table*

*He's under a blanket on the couch*

*He's on the pillow in mummy's bed*

### Moving to music

for example:

- Dance with baby and freeze when the music stops
- Play musical chairs - when the music stops baby sits on a cushion



### Words

for example:

- Use the proper words for things and for actions
- Read to baby as often as you can



### Music and beat

for example:

- Give baby lots of things that make noise, things like saucepan lids, saucepans, metal bowls, metal measuring spoons, wooden spoons, bells, shakers, drums, musical toys
- Show baby how you beat in time to a song, a poem, or just words
- Let baby hear different types of music including natural sounds like birds singing



## I learn by doing things myself

### The simplest things will be explored by your baby ...

It is important for baby to explore but make the area safe for him and keep a close watch

**BE THERE ... BE AWARE ... CHALLENGE**

### Let baby explore natural materials

for example:

- Water on its own is fun, give baby a bucket of water and a sponge and let her wash things outside like plastic bowls, plastic chairs, a little table...
- Water in a little container with a handle and a brush is fun to play with outside
- Combine water with sand or clay or dirt
- What happens to rocks when they're wet?

**See:** *How can I keep my baby safe?* on page 14.

### Stacking

for example:

Show baby how to build a tower with empty tins, empty milk cartons that are clean and dry, tissue boxes, stacking toys....

*Fill milk cartons or small boxes with scrunched up paper and tape them shut*

### Give baby simple puzzles with knobs and her own books

Read to him often but let him have his own books so that he can pretend to read to himself as well

### Bathtime

Show baby how to wash herself, washing each part of her body and talk about it

for example:

*Wash your foot, first one foot then the other ... wash your face and your neck ... and dry your shoulder, dry your elbow, dry your right hand ...*

*Always check water temperature and never leave baby alone in the bath*

### Allow baby to feed himself

for example:

- Finger foods
- Food that he can eat with a spoon
- Food that he has to use his thumb and finger to pick up eg some cooked macaroni, some rice ...

*Encourage baby to feed himself but always keep a close eye on him*



### Allow baby to do things for herself as much as possible

for example:

- Let baby climb on and off chairs and the couch by herself
- Let baby get on and off her bike or the swing by herself

*Always supervise closely*

# more information

## Sun facts

Australia has the highest rate of skin cancer in the world and *“exposure to sunlight in childhood is the main risk factor for melanoma and other types of skin cancer in adulthood.”*  
(Al-Yaman et al,2002:290)

### Going outside has benefits for both baby and parent but beware of the sun. The facts are:

- \* UV (ultraviolet) radiation from the sun causes damage to the cells in the skin layers. UV radiation isn't hot and cannot be seen or felt.
- \* It doesn't need to be sunny for this damage to occur.
- \* A baby's skin is thinner and burns much more easily than older children's or adult's skin.
- \* More than 10 minutes direct exposure to strong sunlight may be dangerous for a newborn baby.
- \* Babies under 12 months should be kept out of the direct sun.
- \* Try to keep baby indoors between 10am and 2pm.
- \* When outdoors keep baby in the shade as much as possible.
- \* To protect baby from sunlight and UV rays when outdoors put baby in a shady hat (eg soft legionnaire style hat) and cover arms and legs with loose-fitting, closely woven clothing.
- \* The use of sunscreen is not recommended for babies under 6 months.
- \* After 6 months use a sunscreen especially formulated for babies with a SPF (sun protection factor) of 30+ and test it on a small patch of baby's skin before using it.
- \* Use sunscreen only on those parts of the body that are not already covered by a hat and clothing.
- \* Sunglasses are not necessary for babies when they are properly shaded and protected but it is a good idea to get baby used to wearing sunglasses. Sun goggles, held on by elastic, are available for babies from about 6 months.
- \* Australia's high UV radiation levels mean that even when babies are well protected outdoors they will still receive enough sunlight for the adequate production of vitamin D.

([www.cancersa.org.au](http://www.cancersa.org.au) & [www.sunsmart.com.au](http://www.sunsmart.com.au))

## Questions and answers

### Isn't it important to get some sun?

**YES.** It is important for the development of melanin and vitamin D. But enough UV light is reflected into shady areas for this to happen without needing to put baby into direct sunlight.

### Isn't it dangerous to put babies on their tummies because of the danger of SIDS (sudden infant death syndrome)?

It is recommended to put babies to **sleep** on their backs because there is a connection between babies sleeping on their tummies and SIDS. **But**, it is very important for babies to spend **lots of time** on their tummies when they're awake to strengthen the muscles of the back and neck, to develop bifocal vision and to have the opportunity to roll and to crawl.

### Will a baby walker help my baby to walk earlier?

**NO.** There are no clear benefits for using a baby walker and they put babies at risk of injury from falling, burns, poisoning and drownings.

**Also paediatricians and physiotherapists have specific concerns:**

- \* Walkers may force babies into an upright position before they are naturally ready. This in turn can cause them to scrunch forward or arch their backs – both of which impede breathing and development.
- \* Babies who arch their backs because of walkers may suffer from back pain in adult years.
- \* Walkers can have a negative influence on balance.
- \* Walkers may delay walking because they don't allow babies to exercise stomach and back muscles which they need for walking.
- \* Walkers may contribute to difficulty with feet because they often cause babies to walk on their toes or roll their feet in onto their arches.
- \* Walkers don't allow babies to explore fully using all their senses.

### Should babies wear shoes?

**Babies don't need shoes** to ensure proper foot development, or for ankle or arch support. Shoes are good for protecting baby feet from bumps, scrapes

and injuries and for keeping feet warm. Where shoes are used, paediatricians recommend soft shoes. Going barefoot has many advantages for baby and is recommended indoors and outdoors where possible.

**Going barefoot:**

- \* Strengthens legs muscles and the arch of the foot.
- \* Makes it easier for baby to balance.
- \* Lets baby gather all the sensations from the surface she's walking on.
- \* Gives newly walking baby more control.

### Should I carry my baby in a sling or a pouch?

**YES, if you and baby find it comfortable.**

Baby will benefit in so many ways from being close to you, feeling your heartbeat and your breathing, moving with you and feeling safe and secure. A baby sling or pouch leaves your hands free, allows baby to be more involved in whatever you're doing and can be used by both mum and dad.

### Do I need to buy lots of toys?

**NO.** Babies don't need a lot of toys. Your baby needs your care and love, healthy food, the freedom to explore and learn about her body and the world around her, the encouragement to do things over and over, and the stimulation of objects and a few simple toys.

### Is equipment, like swings and jolly jumpers, important for my baby's development?

**NO.** You can provide your baby with similar experiences in other ways. If you do have a swing, or equipment like a jolly jumper, let baby use it for **short periods only** and **under supervision.**

### How long should I leave baby in a high chair?

It is important not to restrict baby's movement for long periods. Spending some time in a high chair, playpen or car seat is fine under supervision.

**Baby will tell you when she's had enough. Never leave baby unsupervised in a high chair.**

# Favourite songs and fingerplays

## BODY PARTS

### DO THE ACTIONS

Head and shoulders, knees and toes,  
knees and toes, knees and toes.  
Head and shoulders, knees and toes,  
We all clap hands together!



### TOUCH DIFFERENT PARTS OF BABY'S BODY, SHAKE GENTLY AND SING TO THE TUNE OF "FRERE JACQUES" ...

Wake up toes, wake up toes,  
Tickle you, tickle you,  
Can you say good morning, can you say good  
morning?  
I love you, I love you.

### MAKE IT UP AS YOU GO ALONG!

## FINGER PLAYS

### YOUR FIST IS THE BEEHIVE

Here is the beehive,  
Where are the bees?  
Hiding away where nobody sees, *ONLY*  
Watch them come creeping out of  
the hive,  
1, 2, 3, 4, 5!  
BBZZZZZZ



### ONE HAND BECOMES THE SPIDER AND IT CRAWLS UP YOUR ARM OR UP BABY'S TUMMY ...

Eency, Weency spider  
Went up the water spout.  
Down came the rain  
And washed poor Eency out.  
Out came the sunshine  
And dried up all the rain.  
And Eency, Weency spider  
Went up the spout again.

## ACTION SONGS

### FOR MOVING ANYTIME:

For example:  
"The Grand Old Duke of York"  
"Jack and Jill"  
"Ring a Ring a Roses"  
"To Market, To Market"  
"The Wheels on the Bus"  
"Hokey Pokey"



### SHOW BABY HOW TO MAKE DIFFERENT MOVEMENTS TO PAT-A-CAKE ...

Clap hands  
Pat-a-cake, pat-a-cake Baker's man.  
Clap hands  
Bake me a cake as fast as you can.  
Roll hands and pat one hand on the other  
Roll it and pat it,  
Trace first letter of baby's name on her hand  
And mark it with a "B"  
(your baby's initial)  
Put tray in oven and close the door  
And put it in the oven  
Point to baby and then to yourself  
For baby and me.

## MOVEMENT SONGS

SIT BABY ON YOUR LAP AND HELP HER TO CLAP HANDS, BOUNCE UP AND DOWN, THUMP HER LEGS, CLAP HER FEET ... WHILE YOU SING.

JUST MAKE IT UP AS YOU GO!

*Clap your hands, clap your hands,  
clap your hands together!*

*Up and down, up and down,  
up and down we go!*

*Lift your legs, lift your legs,  
lift your legs together!*

*Clap your feet, clap your feet,  
clap your feet so flat!*



*Clap your hands, one-two-three,  
Play a clapping game with me.  
Now your hands have gone away.  
Find your hands so we can play.  
Swinging so high,*



*Swinging so low,  
Swinging so high,  
Swinging so low.  
Flying so high,*



*Flying so low,  
Up to the sky,  
Down, down, we go.*

## ROLLING GAMES

PUT BABY ON HER TUMMY AND HOLD A TEDDY TO THE SIDE WHERE SHE CAN SEE IT. HELP TEDDY DO TRICKS ...

*Teddy bear, teddy bear turn around,  
Teddy bear, teddy bear touch  
the ground.*

*Teddy bear, teddy bear, jump up  
and down,*

*Teddy bear, teddy bear play the clown.*

*Teddy bear, teddy bear jump in the air,*

FLY TEDDY OVER BABY'S HEAD AND LAND ON THE OTHER SIDE ...

*Teddy bear, teddy bear land  
other there!"*

HE'LL FOLLOW WITH HIS EYES AND MAY ROLL OVER AS WELL.



PLAY THIS ONE WITH BABY AND SOME TOYS ON A RUG ON THE FLOOR ...

*There were three (or more) in the bed  
and the little one said,*

*Roll over, roll over!*

*So they all rolled over and one fell out!*

*There were two in the bed and the  
little one said,*

*Roll over, roll over!*

*So they all rolled over and one fell out!*

*There was one in the bed and the little one said,*

*Roll over, roll over!*

*So the one rolled over and they fell out!*

*There were none in the bed,  
and that's how it ends!*

*Roll over! Roll over!*

## WATERY SONGS

*Row, row, row your boat*

*Gently down the stream*

*Merrily, merrily, merrily, merrily,*



*Life is but a dream!*

*It's raining, it's pouring,*

*The old man is snoring,*

*He bumped his head*

*On the side of the bed*

*And couldn't get up in the morning*

# Where do I go for more information

## \* CHILD AND FAMILY HEALTH \*

### YOUR LOCAL COMMUNITY CHILD HEALTH SERVICE

Provides help in all areas of parenting and child development.

Child Health Line (24 Hour Child Health Service):

☎ 3862 2333 Outside Brisbane ☎ 1800 177 279

**PARENTLINE** (for help with parenting) ☎ 1300 301 300

📧 [www.parentline.com.au](http://www.parentline.com.au)

or contact your **LOCAL DOCTOR**

### AUSTRALIAN BREASTFEEDING ASSOCIATION

Provides counselling, group meetings and support for mothers who wish to breastfeed their babies.

For *support* with breastfeeding contact

Breastfeeding Helpline

☎ 3844 8166 or ☎ 3844 8977

For *regional* Breastfeeding Helpline numbers

☎ 1800 686 2 686

📧 [www.breastfeeding.asn.au](http://www.breastfeeding.asn.au)

## \* CHILD DEVELOPMENT \*

**QUEENSLAND HEALTH** has online information on child development 0-3 months, 3-6 months, 6-9 months, 9-12months and 1-2years. Go to the Resources section, click on Health Topics, click on the letter "C" and scroll down to: "Child Development Milestones".

📧 [www.health.qld.gov.au/](http://www.health.qld.gov.au/)

**THE PARENTING AND CHILD HEALTH** site of Child and Youth Health, South Australia has information on child development from 0-3months, 6-9months, 9-12months and 1-2years. Go to *Parenting and Child Health*, click on "Growth and Development" and scroll down to Child Development. 📧 [www.cyh.com](http://www.cyh.com)

## \* OTHER RESOURCE AGENCIES \*

### PLAYGROUP QLD INC

86 Orchid Street, Enoggera 4051 - PO Box 339, Alderley 4051

A playgroup is a regular gathering of parents and their children (birth to school age). To join a playgroup or if you are interested in starting a new playgroup contact Playgroup Qld Inc.

☎ 1800 171 882

Email 📧 [info@playgroupqld.com.au](mailto:info@playgroupqld.com.au)

📧 [www.playgroupaustralia.com.au](http://www.playgroupaustralia.com.au)

### NOAH'S ARK RESOURCE CENTRE (QLD) INC

20 Norman Street, East Brisbane

Toys and equipment are available for loan to all families, with mail services available for rural and regional members. Some toys are specially adapted to target special needs areas. (Membership fees apply.)

☎ 3391 2166 Email 📧 [contact@noahsark.net.au](mailto:contact@noahsark.net.au)

📧 [www.noahsark.net.au](http://www.noahsark.net.au)

## \* SAFETY \*

### KIDSAFE QLD

50 Bramston Terrace, Herston

Visit Kidsafe Qld for information on all aspects of child safety in the home, outdoors, in the car etc – including information on safety equipment and devices. Open to the public the centre features many helpful displays. Kidsafe Qld can also help you with car restraints – a car restraint hire, fitting and checking service is available.

☎ 3854 1829 Fax: 3252 7900 ✉ [qld@kidsafe.org.au](mailto:qld@kidsafe.org.au)

🌐 [www.kidsafeqld.com.au](http://www.kidsafeqld.com.au)

**THE PARENTING AND CHILD HEALTH** site of Child and Youth Health, South Australia has very detailed information on safety around the home. Search for *Home Safety*. 🌐 [www.cyh.com/index.html](http://www.cyh.com/index.html)

## \* SUN SAFETY & INFANTS \*

Information is available from the **The Cancer Council Queensland**, Cancer Council Helpline ☎ 13 11 20

✉ [helpline@cancerqld.org.au](mailto:helpline@cancerqld.org.au)

🌐 [www.cancerqld.org.au](http://www.cancerqld.org.au)

Online information is available from the **SUNSMART** site,

🌐 [www.sunsmart.com.au](http://www.sunsmart.com.au)

## \* DEPARTMENT OF COMMUNITIES \*

For more information on other services visit

🌐 [www.communities.qld.gov.au](http://www.communities.qld.gov.au)

## \* REFERENCES \*

A complete list of references is available on the Sport and Recreation website

🌐 [www.sportrec.qld.gov.au](http://www.sportrec.qld.gov.au)

## \* BOOKS THAT WE ENJOYED AND CAN RECOMMEND \*

Freedman, Françoise Barbira (2000) *Gentle exercise for babies, mums and dads*. London: Gaia Books Limited. ISBN 1-85675-165-1

Kinney, Mary Lou & Witt, Patricia (2001) *Beginning with Babies*. Minneapolis: Redleaf Press. ISBN 1-929610-04-1

Larkin, Veronicah & Suthers, Louie (1995) *What Will We Play Today? Volume 1*. Castle Hill: Pademelon Press. ISBN 0-646-24890-1

Masi, Dr.W.S. & Leiderman, Dr.R.C. (2001) *Baby Play: 100 fun-filled activities to maximize your baby's potential*, Sydney: Hew Holland Publishers (Aust) Pty Ltd. ISBN 1-86436-731-8

Masi, Dr.W.S. (2001) *Toddler Play: 100 fun-filled activities to maximize your toddler's potential*, Sydney: New Holland Publishers (Aust) Pty Ltd. ISBN 1-86436-730-X

Schiller, Pam (1999) *Start Smart! Building Brain Power in the Early Years*, Beltsville: Gryphon House. ISBN 0-876-59201-9

Silberg, Jackie (1999) *Brain Games for Babies: simple games to promote early brain development*. Maryland: Gryphon House. ISBN 0-87659-199-3

Stokes, Beverly (2002) *Amazing Babies. Essential Movement for Your Baby in the First Year*. Toronto: Move Alive Media Inc. ISBN 0-9687900-0-3



**Queensland** Government

Department of Communities  
Level 14 Mineral House 41 George Street Brisbane Qld 4000  
PO Box 15187 City East Qld 4002  
Facsimile (07) 3237 9879  
Email [info@srq.qld.gov.au](mailto:info@srq.qld.gov.au)