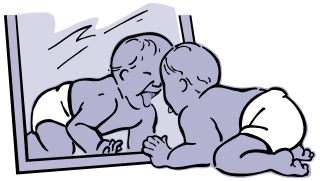
Active Play Movements to Try

Patting Reaching Grasping

Releasing Stretching Creeping

Crawling Walking

Ideas for Physical Play Toys



Crib gyms
Mobiles
Floor Mirrors
Snap-lock beads
Pat Mat
3 inch Chime bells or Clutch balls
Low climbing platforms
Infant Swings with safety belt
Push and Pull toys
Simple cars
Animals on wheels

New Hampshire Department of Health and Human Services,
Division of Public Health Services, Nutrition and Health Promotion Section,
WIC Program, 29 Hazen Drive, Concord, NH 03301
Adapted from Hofstra University 's "Parent's Guide to Physical Play". 2008

Physical Play Every Day!

Fun Ways To Keep Your Child Active and Fit

(6 months to 1 year)

Why Physical Play?

Physical play is important for healthy growth and development of young children.

Through active play, children learn:

- about their bodies,
- what their bodies can do, and
- how to control things around them.

A love of physical play is one of the most important gifts you can give your child.

The next page has physical play activities for 6 month to 1 year old children. As your child grows older they will be able to do more.

Try some of the following with your child and have fun!

Let's Play!

Shake It Up! Move your body and shake a rattle to encourage your child to react to the following action rhyme.

> **"Shake, shake, shake, wiggle, wobble, quake,**
> **Shake it up..., shake it down…,**
> **Shake it round and round and round."**

Bubble Burst With child in an infant chair or car seat, blow bubbles within reaching distance of the child and show him how to pop the bubbles.

> **"Pretty bubble in the sky,**
> **pop each one as it floats by."**

Kick! Kick! Kick! Sew bells to a light weight pillow and place within kicking distance of the child's legs. Touch each body part as you repeat this rhyme.

> **"Leg, foot, toe, leg, foot, toe,**
> **kick, kick, kick, the pillow!"**

Row, Row, Row Our Boat While sitting on the floor, place child between your legs so that both of you are facing forward. Hold an empty paper tube in front of your child's arms so that you are both holding it. Gently reach forward and back in a rowing motion while reciting the following rhyme.

> **"Row, row, row the boat, down the river**
> **we float. Pushing and pulling on our oar,**
> **sitting together on the floor."**