

Physical Activity in Infants

Parents and caregivers can help infants develop the skills needed to be *physically active*. By providing a safe, interesting environment, infants can develop key motor and development skills they can build on throughout their lives. Physically active children are more likely to be active as adults and maintain a healthy body weight.

PLAY TIME!

Caregivers should encourage movement and **ACTIVE PLAY** for short periods of time, several times a day.



When baby is awake, avoid long time periods (more than 60 minutes) of **INACTIVITY** for the baby.

TUMMY TIME!

Provide the baby plenty of supervised time to play on her stomach.



BABY TIME!

Provide toys and activities that encourage infants to move and do things for themselves in a safe environment.



Place toys just out of reach and encourage the baby to move to get to them.



Gently move baby (rolling, bouncing, swaying, turning) to encourage muscle development and connections between the brain and muscles.

