

Let your child explore...

Have Fun, Connect and Wonder, Pause and Wait

I need time to practice...

To learn how to move,
I need time in lots of different positions

- I need lots of time on the floor to learn how to hold my head up, use my arms and legs and start to move
- Get down on the floor with me to help me practice my new skills
- I will learn to pivot, roll and crawl
- I need help to sit, and with practice will be able to do it on my own!
- I enjoy standing and bouncing on you.
- I like using toys and equipment (e.g. exersaucer) but only for a little time so that I can get back to learning how to move myself



Changing my position is important because

- It helps me develop new motor skills
- You can play with me in different ways to help me get strong
- You can have fun with me

