

# Let your child explore...

Have Fun, Connect and Wonder, Pause and Wait

## Let me move in Different ways

I have a lot to learn before I can walk on my own....  
There are many things we can do together....

### To help me with trunk and head control:

- Sit me on your lap, bounce me and tilt me side to side and forward and back so that I use my muscles to stay upright
- Sing "Bouncing Up and Down in my Little Red Wagon"
- Play "Row Row Row your Boat" with me

### To help me strengthen my arms:

- When I'm on my tummy, put me on a wedge or binder to lift my shoulders – this will help me push through my arms and I can reach for toys too. If you don't have a wedge, roll up a towel/blanket to put under my chest
- When I'm sitting, encourage me to put my arms down in front of me to hold myself, and also have me reach for toys
- When I'm on my back, encourage reaching and grasping for toys

### Practicing different movements with me is important because:

- You can share my excitement when I discover when I can move
- You can help me learn to get to where I want to be
- You can help me learn to walk on my own

