

# Let your child explore...

Have Fun, Connect and Wonder, Pause and Wait

## I get tired easily so switch it up.

We have lots of things to do together everyday;  
learning to move is just one of them.

### Learning to move is tiring!

- Try not to leave me in one position for too long. I use different muscles in different positions.
- Practice moving with me when I am awake and alert, after I have digested my food.
- I do better working for short periods throughout the day
- I like to switch activities before I get tired of what I'm doing



### Switching it up lets you:

- Practice my motor skills with me when I am happy and enjoying it
- See how many new things that I can do in different positions
- Practice movement with me throughout the day

