

Let's Move

Before your baby can move around by himself, you can help him use his arm and leg muscles. Lay your baby on his back so that his head is supported.

Let him grab your fingers and help him stretch his arms up and then put them back down, up and down. Reach his arms out from his side and then put them back to his side again. If he is enjoying this play, you can slowly move his hands around each other in circles, and softly clap his fists together. Do the same with his legs: while holding his feet, bend his knees gently, and then stretch his legs out. Move his legs like he is riding a pretend bicycle. Help him make kicking movements too. Sing a little song while you are stretching and moving his arms and legs or count each movement to make it fun. Make sure your moves are gentle, and keep your baby's head supported while you are playing with him. Look for your baby's clues that he is getting tired or the activity is too much for him.

You are helping your baby feel what it is like to use the muscles in his body.

