



Child and Family Centre

## Babies on the Move

3 - 11 months

Being active is what we do every day when we move - any movement, indoors or out, with or without equipment, small movements as well as large. For your baby, it may mean moving an arm or a leg, rolling, crawling, clapping and waving.

Your baby needs to move because that is how babies learn much of what they need to know. This program will incorporate rhymes, songs, tickles, bounces and provide a wealth of information concerning motor development. It will also support an understanding of developmental stages and a healthy attitude toward activity.

Teaching movement skills in a playful way encourages repetition, leads to success and is just plain fun!

