PHYSICAL ACTIVITY GUIDELINES FOR INFANTS



EARLY MOTOR DEVELOPMENT

- YOUNG CHILDREN WHO ARE PHYSICALLY ACTIVE IN ENRICHED ENVIRONMENT HAVE A GREATER NUMBER OF SYNAPTIC CONNECTIONS IN THEIR BRAINS.
- EARLY MOTOR DEVELOPMENT INCREASES CONNECTIONS BETWEEN THE CEREBELLUM AND THE BRAIN'S PLEASURE CENTERS.
- EARLY MOTOR DEVELOPMENT SETS THE STAGE FOR BRAIN PROCESSES FOR DECODING AND PROBLEM SOLVING THROUGHOUT LIFE.



IMPORTANT DEFINITIONS



MOVEMENT – IS NAVIGATION OF ONE'S ENVIRONMENT

PHYSICAL ACTIVITY – IS VOLUNTARY MOVEMENT THAT EXPENDS ENERGY

EXERCISE – IS PHYSICAL ACTIVITY (AEROBIC ACTIVITY) THAT INCREASES HEART AND RESPIRATORY RATES **Guideline 1:** Infants should interact with caregivers in physical activities that promote exploration of movement and the environment. Physical activity should be encouraged when infants are awake and interested.

Guideline 2: Large, open, safe play surfaces and appropriate equipment should be provided to promote free movement and physical activity (i.e. place infant on a blanket on the floor with favorite toys nearby).

Guideline 3: Until infants are creeping or crawling, provide at least 30 minutes of tummy time daily. Tummy time is recommended at least 2 - 3 times per day for short intervals or as tolerated by the infant.

PLAN DAILY PHYSICAL ACTIVITIES THAT SAFELY SUPPORT THE 0-3 MONTH OLD'S DEVELOPMENTAL MILESTONES

MILESTONES

- CAN FOCUS ON AND FOLLOW OBJECTS
- WAVES ARMS AND KICKS LEGS
- RAISES HEAD WHILE ON TUMMY
- SWIPES AT DANGLING OBJECTS
- HOLDS A RATTLE PLACED IN HAND
- SMILES AND COOS

- TUMMY TIME
- INFANT GYM WITH DANGLING OBJECTS
- PUT RATTLE IN BABY'S HAND

PLAN DAILY PHYSICAL ACTIVITIES THAT SAFELY SUPPORT THE 3-6 MONTH OLD'S DEVELOPMENTAL MILESTONES

MILESTONES

- CAN LIFT HEAD
- PROP SELF UP FROM TUMMY
- ROLLS OVER
- REACHES FOR AND GASPS OBJECTS
- HOLDS HEAD STEADY WHILE SITTING
- SITS WITH SUPPORT
- LAUGHS

- TUMMY TIME
- LET BABY SIT SUPPORTED ON YOUR LAP
- LET BABY REACH FOR FAVORITE TOYS AND
 OBJECTS

PLAN DAILY PHYSICAL ACTIVITIES THAT SAFELY SUPPORT THE 6-9 MONTH OLD'S DEVELOPMENTAL MILESTONES

MILESTONES

- SITS WITHOUT SUPPORT
- SITS AND PIVOTS
- STANDS WITH SUPPORT
- STARTS TO USE FINGER AND FOREFINGER
 TO GRASP OBJECTS
- WAVES BYE-BYE
- BABBLES

- KEEP A VARIETY OF TOYS WITHIN BABY'S REACH IN A SAFE PLAY AREA
- HELP BABY PULL TO A STAND
- PLAY PEEK-A-BOO

PLAN DAILY PHYSICAL ACTIVITIES THAT SAFELY SUPPORT THE 9-12 MONTH OLD'S DEVELOPMENTAL MILESTONES

MILESTONES

- GETS ON HANDS AND KNEES
- CRAWLS, SCOOTS, OR CREEPS
- PULLS TO STAND
- CRUISES ALONG FURNITURE
- STANDS ALONE
- MAY TAKE FIRST STEPS
- SAYS MAMA AND DADA

- HELP BABY PULL TO A STAND
- HOLD BABY'S HANDS AND PRACTICE
 WALKING
- LET BABY CLIMB STAIRS WITH SUPERVISION
- OFFER PUSH-UP AND PULL-UP TOYS
- SING ACTIONS SONGS (I.E. ITSY BITSY SPIDER)

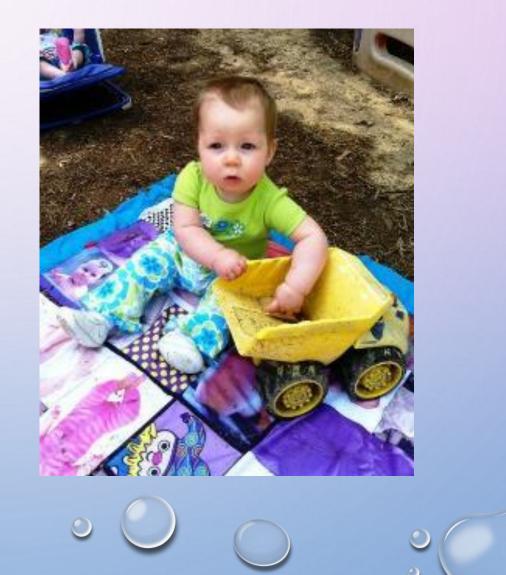
OTHER GUIDELINES FOR INFANTS

- 1. DAILY OUTDOOR TIME IN A SAFE SETTING SUPERVISED BY AN ADULT.
- LIMIT TIME SPENT IN SWINGS,
 BOUNCY CHAIRS, CAR SEATS, AND
 STROLLERS.
- 3. NOT RECOMMENDED FOR INFANTS:

SCREEN TIME

INFANT WALKERS

DEXERCISE SAUCERS



DID YOU FIND THIS EDUCATIONAL HANDOUT HELPFUL?

PLEASE TAKE A MINUTE TO TELL THE STAFF AT POSITIVE PATTERNS FOR LIFE, LLC WHAT YOU LIKED ABOUT THIS EDUCATIONAL HANDOUT. GO TO THE CONTACT PAGE ON OUR WEBSITE AND SEND A MESSAGE TO THE STAFF. THANK YOU FOR YOUR TIME!

