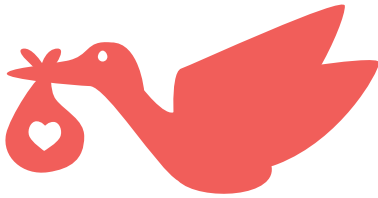


# Suggested Activities for Infants (0-12 months)

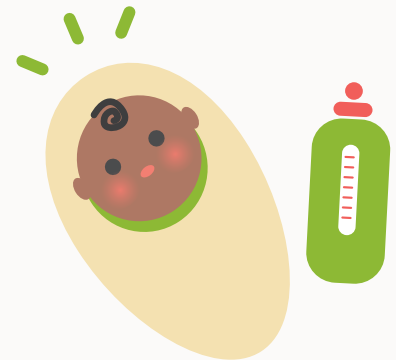


Physical activity is an important part of childhood. Children need 60 minutes of exercise each day to stay healthy and grow at a healthy weight. For kids, exercise does not mean going to the gym or lifting weights, but just playing and being physically active. This can be during gym class, at recess, playing outside or any activity where their bodies are moving.

Below is a list of activities to enjoy with infants (0-12 months). Caregivers should dedicate an hour a day to play with their infant. It's never too early to be active – even babies need physical activity. This helps babies learn. According to the American Academy (AAP) of Pediatrics, simple things like playing, reaching, grabbing and having “tummy time” help babies grow and develop into healthy children.

## **Suggested Activities for Infants**

- ▷ Encourage tummy time.
- ▷ Work on balance by holding hands as they stand or walk
- ▷ Place baby on play mat with toys suspended above, to encourage them to reach and kick.
- ▷ At 3-4 months, help baby stand and sit until he/she is tired.



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