

## Creative Movement for Babies: LEVELS - low, medium and high

Fun and easy take-home ideas!

### SONG!

( *with baby bouncing on your knees or shins*)

Bouncing up and down on my little red wagon,

Bouncing up and down on my little red wagon,

Bouncing up and down on my little red wagon,

( *raise baby to a high level or lower to a low level*)

Won't you be my darling?

### BLANKET RIDES!

Use movement to enhance your baby's kinesthetic awareness, as you help to develop her visual tracking and vestibular system. With baby lying on her back or front, gently pull her across a smooth floor for a new view from a magic carpet!

### SONG!

Ring around the rosie

A pocketful of posies ( *move in a circle back and forth*)

Ashes, ashes, we all fall down ( *tip low*)

The cows are in the meadow,

They're huddling all together

There's thunder and lightning ( *pound the floor*)

We all jump up! ( *jump high*)

### TUMMY TIME!

Some babies are not big fans of tummy time, and being supported by a caregiver's knees or shins can provide a little fun and distraction as baby spends time in this position. Here's a rhyme to make tummy time a little more fun for both of you as you emphasize the different levels:

( *with baby on caregiver's knees or shins, bouncing*)

Way high

Up in the sky

\_\_\_\_\_ is going to FLY!

Developmental tidbit: The American Association of Pediatrics recommends what it refers to as the "Back to Sleep/Tummy to Play" campaign. Infants must spend time playing on their fronts in order to have the somatic experiences necessary to reach their full cognitive potential. Babies, especially pre-mobile infants, need time on their stomachs in order to develop the healthy movement patterning