

INTERACTIVE PHYSICAL PLAY

Playing helps your baby's physical development and brain growth. Your baby needs plenty of opportunities for movement in a safe and diverse places.

Babies build their confidence and learn more when you play with them. As babies get older they may also start to enjoy independent playtime.



Milestones for movement (6-12 months)

6 - 7 months

7 - 8 months

8 - 9 months

9 - 10 months

10 - 11 months

11 - 12 months

From 6-9 months your baby might:

Bring their hands to their mouth



Reach for toys



Roll from back to tummy and tummy to back



From 9-12 months your baby might:

Sit up by themselves



Play using both hands



Crawl, roll and pull to stand



Reach for their legs when lying on their back



Reach for toys without falling



Move from a sitting position onto their tummy and back again



Try to limit time in a pram or car seat to less than 1 hour at a time, if baby is awake. You can try to take active breaks on long car trips.

Balance and motion activities

You can help babies develop their motion awareness skills. There are many activities to try with your baby.

These activities help babies to interpret movements:

- "Am I moving or not?"
- "How quickly am I moving?"
- "What direction am I moving?"



Roll baby from tummy to back, back to tummy.



Rocking from side to side and back to forth in your arms.



Bouncing up and down on your knee.



Sit baby on an exercise ball roll side to side, backwards, forwards, and gently bounce up and down.



Holding your child against your body. Try jigglng, gentle stamping, running, swaying, bouncing, and rocking.

Interactive physical play ideas

Put their favourite toys at their fingertips or just beyond their reach.



This will encourage them to reach and move towards it.

Pretend to be different animals that crawl or move along the ground.



Chase your baby around and let them chase you!

Create an obstacle course
(e.g. over cushions, under/through chairs) for exploring.



Think of pillow forts, tunnels and cardboard boxes!

Roll a noisy ball toward your baby.



Your baby can follow the toy with their eyes, reach for it and learn to push/roll it back.



Interactive physical play ideas

Encourage baby to squat from standing.



Place a toy in front of them to squat and pick up when they are standing.

Help your baby transition from crawling to walking by holding their hips as they learn to take steps.



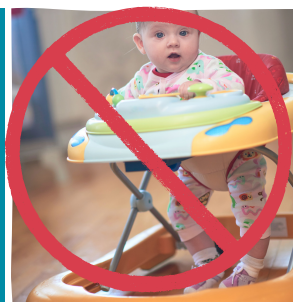
If they continue to fall, let them practice crawling more.



Ensure there is enough weight the front of cart like walkers.

Baby walkers (on right) and jolly jumpers are not recommended. They may delay walking, crawling and sitting without support. They can also lead to injuries. Try more floor time and activity centres instead.

[For more information: Raising Children](#)



If you have any concerns about your child, contact your local [Child and Family Health Nurse service](#), [Aboriginal Maternal and Infant Health Service \(AMIHS\)](#) or [Building Strong Foundations \(BSF\) for Aboriginal Children, Families and Communities](#), or GP.



Health
Hunter New England
Local Health District



HNEkidshealth
Children, Young People & Families



Healthy Beginnings for HNEKids acknowledge the traditional custodians of the land on which we work, live and gather, recognising their continuing connection to land, water and community.

We pay respects to Elders past, present and emerging, as well as Aboriginal people who have provided valuable guidance to the development of this project.