

# PHYSICAL ACTIVITY TIPS TO DO WITH YOUR CHILD

0 to 9  
 months



# PHYSICAL ACTIVITY

## for a healthy development

You are probably fully aware of the fact that your baby needs exercise to learn to express themselves, build relationships and discover their own body and environment. Gradually, your child will learn to consciously control their movements and posture and to move around. Physical activity supports your baby's learning and development.

## Babies need exercise

Babies kick a lot, and you might think that that's enough physical activity. But children's physical condition has deteriorated in recent years. This problem often originates in the early months of life. Sometimes, the opportunities for physical activity are limited by the home environment (lack of space, no nearby park, neighbours who are sensitive to noise, etc.), sometimes by the parents' circumstances (everyday stress, motorised transport, etc.), and sometimes the problem stems from the use of such devices as baby rockers or child car seats, which do not promote physical activity.

But babies have a natural urge to move, and even simple activities are beneficial.

## How can you support your child?

The suggestions on the following pages are intended to help you support the development of your child's motor skills in day-to-day life. Beyond that, it is also important to respond to your child's individual needs.



# PHYSICAL ACTIVITY HELPS ME TO...



... communicate



... rest afterwards

## My parents can help me by:

- » taking time to make eye contact with me
- » creating a corner where I can move about freely and safely
- » taking time to cuddle with me
- » learning to respond to my utterances and needs



... discover my body



... grab things and play with them



... Learn to control my posture and movements

# TOO TIRED FOR PHYSICAL ACTIVITY?

0 months



## Eye contact

Your child loves to look at you, see you smile and smile back at you. Turn your face slowly from right to left. Your child will move their head and follow you with their gaze.

### variation

Make sounds or silly faces.

## Exploring your face

Lie down next to your child and gently roll them to their side so that you are looking at one another and they can touch your face.

**caution:** Make sure you alternate sides when you lay your child down.



## Swingboat

Sit on the ground and hold your child astride one of your legs so that their feet touch the ground.

Hold their waist, hips or hands and allow them to lean alternately to the right and the left.

**caution:** Make sure not to shake your child.

### variation

Turn your baby around so that they are facing you.

The suggestions are aligned from the top of the page to the bottom to correspond with your baby's development. For safety, always make sure to adjust your play to your child's abilities.



9 months



## CRUNCHED FOR TIME?

### Learning to control their movements

Place your baby on their stomach and allow them to move and wriggle around freely, while remaining nearby.



### Fun and games while changing nappies

Encourage your child to discover their hands and feet while you change their nappy. Slide your hand under their bottom and tilt their pelvis up slightly so that they can reach their feet.

### Side roll

Help your child roll from their stomach to their back and from their back to their stomach. Put one hand on their hip or leg to gently support their movement.



# A SAFE PLACE TO MOVE AROUND IN

## Physical activity is fun

Give your baby the opportunity to lie on their stomach while they are awake. They should spend at least 30 minutes on their stomach throughout the day, every day.



## Discovering objects

Lay your child on a playmat on the floor. Show and give them objects they can play with. Allow your baby to touch and hold objects and put them in their mouth.

## Exploring

Make sure your child has a safe place to move around in. Spread objects or toys around your child and encourage them to retrieve the items. Allow your baby to explore their shape, texture and colour.



# BAD-WEATHER ACTIVITIES

## Cuddling

Pick your child up from their bed by putting one hand under the baby's bottom and supporting their head and neck with the other. Hold your child safely and securely in your arms.



0 months



## Going for a walk

Your baby needs fresh air just like you do. In case of bad weather, make sure your child is properly bundled up for exploring the great outdoors.

## Peekaboo

Hide your face behind a cloth and then pull the cloth away. Your child will watch and learn as you disappear and reappear.



9 months



## FURTHER INFORMATION

You can find informational material such as brochures, videos and more with additional suggestions, ideas for games and advice at [www.paprica.ch](http://www.paprica.ch) (website in French only).



## RECOMMENDATIONS

### ENCOURAGE PHYSICAL ACTIVITY



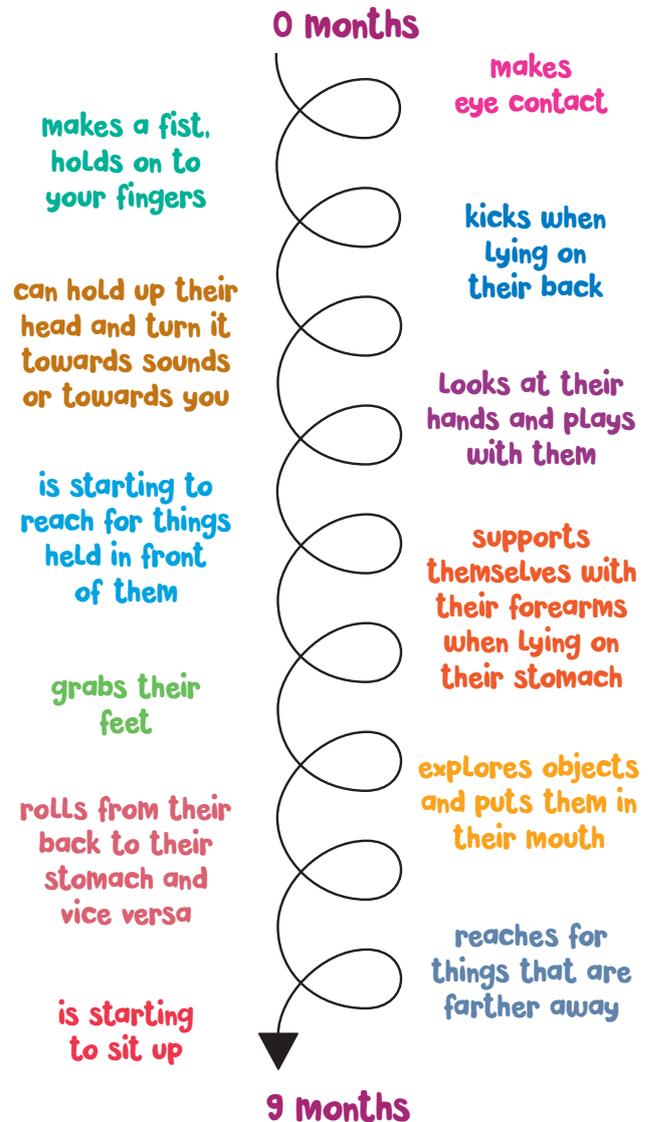
Infants should be encouraged to follow their natural urge to move; stimulate them to move several times a day by providing an open space appropriate for their age. While they are awake, they can be active lying on their stomach (30 minutes a day) or on their back. For more information: [www.hepa.ch](http://www.hepa.ch)

### LESS SITTING



Reduce to a minimum the time spent sitting down (avoid leaving a baby in a car seat or baby bouncer while they are awake). Screen time (TV, smartphone, computer, tablet, etc.) is not recommended for babies. For more information: [www.jeunesetmedias.ch](http://www.jeunesetmedias.ch)

## DEVELOPMENTAL STAGES



## IMPRINT

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