

Creative Movement for Babies: SPEED

Fun and easy take-home ideas!

SONG!

(Sit with bent knees)

The Noble Duke of York *(baby sitting on your knees)*

He had ten thousand men *(rock baby side to side)*

He marched them up to the top of the hill *("walk" baby up your shins)*

And marched them down again *("walk" baby to your lap)*

(roll to your back, put baby on your shins)

And when you're up, you're up *(bouncing baby)*

And when you're down you're down

And when you're only half way up

You're neither up nor down

(You can repeat all or part of this song quickly or slowly)

SENSORY ACTIVITY!

(Tickle, caress or massage baby as you say this rhyme)

Slowly, slowly, creeps the garden snail

Slowly, slowly, up the wooden rail

Quickly, quickly, runs the little mouse

Quickly, quickly, round about the house!

CRAFTY!

Babies who are enjoying some solid foods may think it's pretty grand to finger-paint with them.

(They tend to do this in their highchairs anyway!) So grab a big piece of paper, some plums or peas and put your little artist in the tub. A work or art suitable for...taking a picture of!

DEVELOPMENTAL TIDBIT:

Neurotransmission, the work the brain does to make connection and grow, is happening at an astounding rate in babies six months and younger. As brain cells send off bursts of energy to signal one another, they grow more connections to one another, and as these connections are produced, they will control voluntary movement, perception and thought. Studies suggest that in utero the fetus moves nearly constantly, and that this movement helps in development. SO applaud your little one as he yawns, swallows, breathes, roots, smiles, grimaces, sucks, grasps, stretches, curls and unfolds -- he's learning!