



GUIDELINES FOR PHYSICAL ACTIVITY CHILDREN FROM 0-1 YEARS OF AGE

Engelsk

Children under the age of 1 move spontaneously and movement enhances their motor development. They use their bodies to explore their surroundings and to make contact with others. They also become familiar with their own bodies when they move. It is therefore important that the child be allowed to move as much as possible every day.

RECOMMENDATIONS:

- ✓ **Let the child lie on its stomach as much as possible when it is awake**

When a child lies on its stomach, its back and arm muscles become strong, and with time, it can push itself up, roll and crawl.

- ✓ **Make sure that the child moves in different ways throughout the day**

When trying new and different movements, e.g. reaching out to grasp, pull or shove things, it gets to know its own body.

- ✓ **Make sure the child can move about as freely as possible**

Do not let the child sit in a bouncer, car seat or highchair longer than necessary. The child's motor skills improve if it is given the chance to move around.

HOW:

Physical activity consists of all kinds of movement. It is important to focus on being together, play and safety issues.

Examples of physical activities for children aged 0-1 years:

- Lying on their stomach
- Hopping on your knee
- Standing up next to furniture
- Walking with support
- Tumble play with adults, e.g. rolling, hopping, swinging
- Baby rhythmic
- Infant swimming

The child can lie on its stomach, e.g. on the floor, on your arm or the bed. The best place to play is on the floor/a firm surface.

For more examples and information, please visit www.sst.dk

