



RECOMMENDATIONS FOR PHYSICAL ACTIVITY INFANTS YOUNGER THAN 1 YEAR OLD

Infants are physically active in spontaneous ways, and this activity bolsters their motor development. They use their bodies to explore their immediate environment and to establish social contact with other people. They learn about their own bodies through physical activity. Giving infants opportunities to be as physically active as possible in daily life is therefore crucial.

RECOMMENDATIONS

✓ **Maximize floor-based tummy time for infants when they are awake**

When infants lie on their stomachs, they strengthen their back and arm muscles so that they eventually can push themselves up using their arms, roll and crawl.

✓ **Ensure that infants are physically active in various ways during the day**

Infants learn about their bodies by trying out new and varying movements, such as reaching for, grasping, pulling and pushing objects.

✓ **Ensure that infants can move freely as much as possible**

Avoid placing infants in baby bouncers, car seats and highchairs any longer than necessary. Infants achieve better motor development when they can move freely.

HOW?

Physical activity includes all types of movement focused on social interaction and play. Keep safety in mind while infants are active.

Examples of physical activity for infants younger than 1 year old include the following:

- tummy time;
- bouncing on a parent's lap;
- pulling themselves upright by holding onto furniture;
- walking with help;
- tumbling play with adults, such as rolling, hopping, jumping and swinging;
- rhythmic gymnastics for infants; and
- baby swimming.

Infants can lie on their stomach on the floor, on your arm or on a bed. A floor or other flat surface is the best place to play.

Find more examples and read more about physical activity at www.sst.dk

