

# Movement Time

To experience body awareness use different textured materials or objects on your child's arms, hands, legs, feet and tummy.

## Practice at home

- Position your child on their side to encourage swiping and reaching for toys.
- To encourage your child to lift their head, whilst on their tummy – place a mirror, light or noisy toy in front of them to support this. They may need a sausage cushion or rolled towels for support under their chest.

## Activity to do at home

Attach ribbons to a wooden spoon or bangle to make a dangly toy. This can be used whilst listening to music and can encourage your child to move their arms up and down, sideways, fast and slow.

Collect safe items and objects of different textured materials for your child to hold and touch.

