



### Physical Activity

Young children are naturally active. They need opportunities to run, jump, climb and move to exercise their muscles and develop their physical coordination. Exercise does not need a formal routine. Something as simple as running and playing provides opportunities for large muscle development. Every movement encourages brain activity, which, in turn, plays a part in cognitive, emotional, and social development.

## READ

Check out these books from your public library or school library.

- *How Can I Get There? / ¿Cómo puedo llegar allá?* by Editors of The American Heritage Dictionaries (Bilingual book available)
- *Babies On The Move* by Susan Canizares
- *Balls! (Sesame Street® Elmo's World)* by John E. Barrett
- *¡Vamos a disfrutar! / Let's Have Fun!* published by Scholastic (Bilingual book)
- *¡Vamos a salir! / Let's Go!* published by Scholastic (Bilingual book)
- *Baby Dance* by Ann Taylor

## VIEW

Doctors recommend no screen time for children under the age of two years. Please keep this in mind as you make choices for your child.

If you choose to let your child - birth to age two - watch TV, these programs on IPTV are most appropriate for this age group:

- *Barney* - Monday through Friday at 12:30 p.m.
- *Mister Rogers* - Saturdays at 6:30 a.m.
- *Sesame Street* - Monday through Friday at 9:00 a.m. - Sundays at 8:00 a.m.

## DO

Make changes in these activities to meet the needs of your child.

- Hang things above your child's bed that sway, such as wind chimes and mobiles.
- Be sure to allow your infants plenty of "tummy time" every day to strengthen muscles.
  - Encourage activity at an early age by taking a short walk outside each day. Very young children might be pushed in a stroller.
  - Place a child in an age-appropriate and safe swing and help them swing for a few minutes.
    - Encourage physical activity by rolling balls on the floor. Offer balls with different colors and textures. Encourage her to see what else she can do with the ball. This will eventually help her learn to roll it, drop it in a box, and take it out again.
- Listen to different kinds of music and dance in different ways to see what your baby likes best.
- Play Peek-A-Boo with your child. Try hiding behind your hands, a diaper, or a onesie as you dress your baby.

