



Babies do not have to be active all in one go!
Activity for babies can be broken into snack-size pieces
(10 minute intervals):
a **SNACKTIVITY**.

Check out the Snacktivity ideas for inspiration to

get up, get out... get active!

Early Childhood - Birth to One Year

1. Tummy Time

Place baby on their tummy and position toys around baby so it invites them to reach and move. Progress this by lying baby on their back

BIRTH TO ONE YEAR



2. Dance, Swing and Sway

Put on some music and dance, swing, sway and create actions with baby in time with the music

BIRTH TO ONE YEAR



3. Bath Time

Encourage kicking and active movement in a supervised bath

BIRTH TO ONE YEAR



4. Ball Games

Roll a soft ball to baby to encourage them to reach for it, touch and feel it and roll it back to you

BIRTH TO ONE YEAR



5. Change Time

Make change time fun by making noises and funny faces while you move babies leg's and arms around in a circle after they are changed

BIRTH TO ONE YEAR



6. Outside Play

Get Up, get out...when the weather is nice, take baby outside and lay on tummy on the grass to investigate the outside world

BIRTH TO ONE YEAR



7. Obstacle course

Place furniture items (couch or pillow) on the ground in random places and encourage baby to crawl over or around and explore their texture

BIRTH TO ONE YEAR



8. Delight!

Always delight in a child by smiling and making funny faces with them. Babies will move their body when being delighted in!

BIRTH TO ONE YEAR



9. Tunnel course

Make a small tunnel out of cardboard boxes, or chairs with a sheet thrown over. Crawl or chase objects through the tunnel

BIRTH TO ONE YEAR



10. Furniture fun

Place baby next to low furniture with interesting toys to play with to encourage standing and movement

BIRTH TO ONE YEAR

