

One-to-One movement activities at home with children under two

Children under two enjoy moving and being moved. It is a way they find out more about their own bodies, the world around them, about their relationships with others and about themselves. Adults offer playful support, exciting variety and safe exploration.

- **Copying games**

Watch your baby and see how she wants to play. Play copying games, e.g. if she flaps her arms or beats on the floor with her fingers, do the same and leave a gap to see what she will do next.

- **Rocking and swinging**

With young babies take care to support their heads and spines when rocking them, swinging them from side to side or back to front, especially when they are at arm's length.

- **You, the climbing frame**

Make your body his climbing frame. Sitting on the floor, surround the baby with your arms and encourage him to climb free of your hold. Or, lying down, let him climb over your tummy and chest.

- **Bounce and wiggle**

As babies get bigger and stronger, help them test their strength by standing on your knee. Hold their wrists and let them jiggle and bounce to your favourite music or your voice doing a song or rhyme like 'Humpty Dumpty' or this rhyme:

'Ready and ... up and down,
and up and down,
And side to side, and side to side,
And round and round
and round and round,
Here we go again'.

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- **Variety of textures, sounds and smells**

Use chiffon scarves, bubbles, floaty fabrics and feathers to encourage your baby to stretch and reach, to explore and to play with different textures. Play dough, fruits with different scents and large pebbles with different shapes can help him to grasp, hold and squeeze. Playing and beating on everyday household utensils like saucepans and wooden spoons and food containers can help with hand-to-eye co-ordination.

- **Restful moments**

Use a large towel or sheet to make a hammock to gently rock your baby, while you sing, hum or play calm music. Use a lullaby for sleep time.



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