


The background features several large, colorful, swirling shapes in shades of green, purple, and blue. Interspersed among these swirls are numerous small, yellow, triangular shapes that resemble rays of light or confetti. The overall aesthetic is bright and celebratory.

The Right Road From Birth to Preschool

Or

**How Early Play Can Help My
Child Succeed in School**



Babies Have Much Work To Do In the First Year of Life

**Skills before 6 months
Effect academic performance
In preschool ++**

The slide features a decorative background on the left side with a light green balloon at the top, a light blue balloon in the middle, and a light purple balloon at the bottom. Yellow streamers and triangular shapes are scattered around the balloons. The main title is in a dark teal color with a slight drop shadow.

Normal Motor Development

- Appropriate Play is A Baby's Work
 - Play is always supervised
 - Is active baby involvement
 - Requires movement to show attention

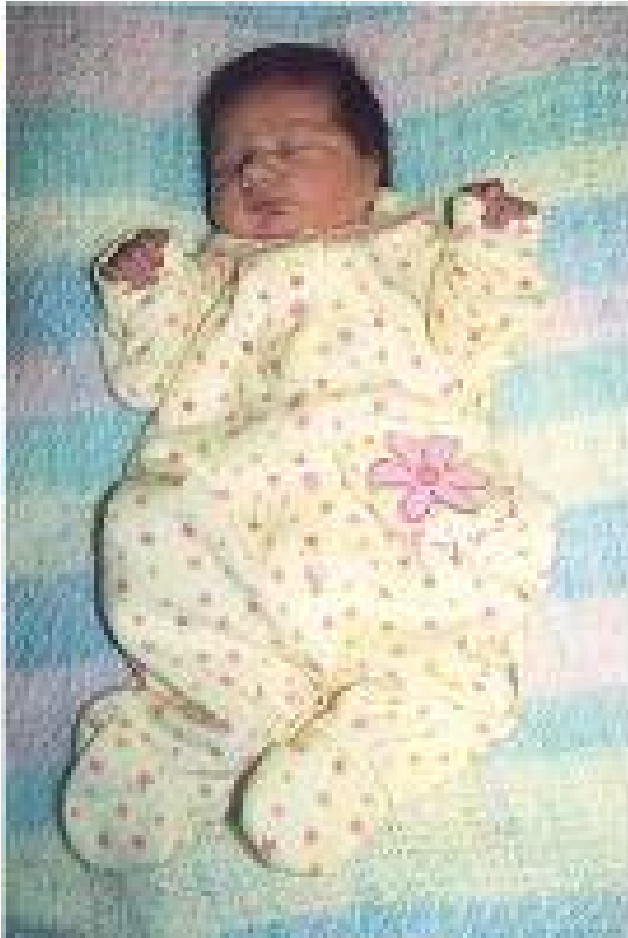
In the Beginning Babies are Dependent



In One Year They Go From Flexed to Upright



Sleeping 20 Hours/ Day to Pondering



Dependent to Motivated



Parent Actions Start this Path

- How Parents Play With Their Baby is dependent on
 1. Accurate information
 - What is safe and what will help the baby
 2. A good support system
 - Medical, family, friends, and books
 3. A plan that is formulated around the baby's needs from day one.
 - Consistent structure in the baby's schedule



Play is Important

- Think about play as part of the baby's daily routine.
- Feeding, naps, diaper changes, hugs
- Sleeping
- Include play from the beginning.
- **This information will help parents learn how to change play techniques as a baby grows.**

Babyhood is hard work

- Schedule in 20 hours of sleep/day, for the first month





Week One Play

- Position the baby flat and talk to her.
- Position the baby belly to mommy's belly and talk to her.
- Play will only be a few minutes a day because new babies need much sleep.



Week One Tummy Time

5-30 seconds



Semi-sit should be supported fully and limited in minutes.
Flat is best at this age.





Head control needs to develop against gravity in all directions:

- Starting second week home
- Supervised
- Playing on flat surfaces on back, on tummy, on the side.
- Mini exercise sessions several times/day
- 1-2 minutes for each position: on belly, on each side, on back
- Increase minutes as baby is able.



Appropriate Positioning

- Eliminate gravity on infants:
 - Lie flat on the back,
 - Minimize time in car seats, swings, bouncer seats
- Do use strollers that recline for walks (without the car seats).
 - Extended semi-sitting can cause head deformities and neck problems.

The background features several large, colorful, abstract swirls in shades of purple, green, and blue. Scattered throughout are numerous small, yellow, triangular shapes that resemble confetti or starbursts.

Month One Milestone # 1

**Turning head actively R/L
When on back or on belly**



Tummy Time

- Defined as time spent lying on the tummy for play when awake and supervised.
- Supervised means direct interaction- not watching from across the room.
- Play means activity done by the baby
 - Looking, reaching, observing, lifting or turning head, exploring, etc.

2nd Week Tummy Time



- Placing a hand on the bottom, helps the baby lift the head.
- 1 lift is good to start. It will build.



Focusing on Sounds

Two Weeks

- Early play: in a quiet room
 - Focus on soft sounds like whispers
 - Bells
 - Soft singing
- 1-2 minutes at a time, more than 1x a day

Focus on Sounds



- It will take a while to hear the sound, move the eyes, and then the head.
- Be patient. This is hard work

Two-Four Weeks

Goal: Focus with eyes and ears





Two Month Milestones Goals

- Lift head against gravity, and turn side to side
- Focus eyes on a toy
- Easily orient to a sound, and turn the head to that sound
- Start to bring both hands to the midline of the body

Good 2 Month Head Control



Focus on Simple Design



Localize to soft sounds



Bring Hands to Midline

Right Size and Texture Help Grasp



Hands Work Just Fine
And are calming





3 Month Activities Goals

- Finish strengthening for good head control
- Reach with either hand in sidelie.
- Encourage the “swimmy” for strength on the tummy.
- At about 2.5 months, encourage chin tucking with good toy placement.

Starting to Use Hands to Push Helps Head Lift



Control Moves from Head into Shoulders



Really do'in the Swimmy



Tucking the Chin Builds Tummy Muscles





4-5 Month Milestones

- Grab toes
- Work on changing positions independently
- Sit with minimal support and play with toys

Milestones At 4-5 Months Road to Independent Mobility

Grabbing Toes and Rotating Body



Sitting Almost by Self



A decorative graphic on the left side of the slide features three balloons in shades of green, blue, and purple, each with yellow streamers and triangular flags trailing behind them.

Milestones 6 Months

- Belly crawling, pivoting on belly
- Rolling back to belly and belly to back

Milestone 6 Months Belly Crawling



Milestone 6 Months

Rolling Easily from Back to Belly





6 Month School Readiness Skills

1. Head Control facilitates good posture.
2. Belly position helps develop self calming.
3. Hands to midline integrate early reflexes.
4. Chin tucking and grabbing toes increase core strength.
5. Core strength is vital to good speech.
6. Belly crawling helps eye tracking and depth perception.

Happy, Tolerant, and Able to Play by self



3 Year Old Potential Problems: Without Road of Milestones

- Temper Tantrums, behavior disorders
- Poor fine motor skills
- Poor balance, poor gross motor skills
- Memory issues and often hyperactivity
- Irrational fear of being out of vertical
- **Parents need to seek out special services:** occupational therapy, physical therapy and speech
- Fix problems early



7 Month Milestones

- Rotating in and out of positions
- Moving from lying to sidelie to sit
- Sitting well and playing with toys
- Belly crawling all over

Balance Skills Come from Movement in and Out of Positions



Finally Independence in Sitting



Belly Crawling

Good hip bend, Good dig with toes.
"Just Watch Me Go!"



"I Have Smart Feet"





8 Months Milestones

- Moving into kneeling supported
- Crawling over objects
- Pulling to all fours and rocking
- Standing while holding on to objects
- (But not knowing how to sit from stand safely!)

Balancing on knees



Almost Independent



8 Month Stable



8 Month Balance Develops By Rocking Back and Forth



Pulling to Stand

(Can't get down by self)



Teach Safe Lowering: Help her Tuck Chin to Sit





Creeping

- Requires adequate tummy muscles gained with grabbing toes. (at 4 mo)
- Balance reactions gained when in a sitting position. (6 mo)
- Comfortable with weight through the palms of the hands.

A Solid Surface Helps the Pull to Stand



Standing Toys Work at this Time



Make Sure Feet are Flat



A decorative graphic on the left side of the slide features three balloons in shades of green, blue, and purple, with yellow streamers and triangular flags trailing behind them.

9 Months Milestones

- Creeping on hands and knees
- Free mobility all over
- Pulling to stand
- If babies have balance reactions in all directions, some babies will stand, cruise, and take steps.

Creeping Develops Eye Skills and Hand Strength

Necessary for Reading and Writing



When Arms Get Strong— Bear Walk Starts





Readiness Skills

- Lateral movements, crossing the midline help develop Right or Left side dominance.
- Research shows that children who readily can use cross lateral movements read, memorize and focus better in school

Cross lateral Movements

R. Hand and L. Foot Work Together



Very Supervised Mobility is Necessary

Start teaching stairs at 9-10 months



Up or down: belly down, feet first



Use assistant walkers only on level ground when supervised.



Walking Early is **Not** Necessarily Good

Babies who spend much time in
standing toys may walk early--

- Because it may be the easiest mobility if they do not have good head control and good balance reactions.

BETTER to--

- encourage play on tummy, hands and knees, and kneel till baby moves in and out of all positions independently.



10-11-12 Months

- Better Balancing Skills
 - Allows moving from kneel balance to being upright
 - Walking independently
 - Playing in the upright position
 - Full balance to be athletic

“I’m Cruising Now.”



“Look At ME!”



Side sit is better than W-Sit.



We Want Kids to Enjoy the Moments



Brochure Helps Parents Understand the Importance of Exercise for Babies



- Research in Print can be found under Physical and Occupational Therapy in Pediatrics, Vol. 25, No 3. pp 3-21.
- “Baby Development Information” brochure is available at WWW.Fit-Baby.Com
- Copywrite. No reproduction for profit is allowed.



Enjoy Your Baby

- The first year is a wonderful growing time:
 - Growing physically,
 - Growing mentally
 - Growing socially
 - Growing to love
 - When it is over, it can never be a
" DO OVER"!



Disclaimer

- This information is intended to help new parents understand normal development.
- Parents should seek help from a developmental occupational or physical therapist if they have concerns about how their new baby is progressing.
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About the Author

- Judy Towne Jennings is a pediatric physical therapist who has served babies and school aged children for over 30 years.
- APTA spokesperson: “Lack of Time on Tummy Shown to Hinder Achievement of Developmental Milestones, Say Physical Therapists”
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