

My Fit WIC goal for my baby:

To achieve my goal I will:

*Reference: Active Healthy Living: Prevention of Childhood Obesity Through Increased Physical Activity. AAP Policy Statement. Pediatrics Vol. 117 No. 5 May 2006. <http://aappolicy.aappublications.org/cgi/reprint/pediatrics;117/5/1834.pdf>



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Playing with Your Baby

Get Fit with WIC
Department of Health and Senior Services



Playing with baby

Why Physical Activity is Important For Your Baby:

- It helps babies to learn about their bodies and the world around them
- It helps to build strong bones, lungs, heart and muscles
- It helps babies sleep better

General Guidelines for Physical Activity:

The American Academy of Pediatrics* suggests that:

- Parents should provide a safe and nurturing play environment for their infant
- Infants should enjoy outdoor physical activity and exploration
- Children younger than two years should not watch any television

How to Help Your Baby Be More Active:

- Be active yourself—take time every day to play with your baby
- Try not to put your baby in a playpen or crib
- Avoid walkers—encourage crawling and walking instead
- Let your baby reach for things that are out of reach

- Let your baby take things in and out of containers
- Let your baby play with things that are different colors, shapes and sizes

Activities That Build Large Muscles:

Pulling up	Rolling over
Sitting up	Crawling
Walking	Climbing

Activities That Build Small Muscles:

Reaching	Holding
Picking up objects	Shaking toys
Pulling, turning and spinning objects	

Exercises You Can Do with Your Baby:

Toe Touches

Lay your baby on his back and let him reach for his toes.

Give praise and smiles for early attempts at any new skill.



Tummy Time

Lay your baby on his tummy surrounded with toys. Let him lift his head and look around.

Get the Toy

When your baby begins to stand on his own, place a few toys on the couch and let him pull up on the couch and take steps to get the toys.

Games You Can Play with Your Baby:

Peek-a-boo Hide-and-seek Pat-a-cake

Toys for Play:**

Plastic floor mirrors
Mobiles
Rattles
Pop-up toys
Soft blocks and balls



Household Objects for Play:**

Plastic spoons, bowls and cups
Empty paper towel tubs
Empty boxes and baskets

***Note:* Make sure objects are bigger than the inside of a toilet paper roll to prevent your baby from choking.