

How can you help your child?

There are simple ways you can support your child's development within the home....

- Offer clean and clear floor spaces where a child can move freely
- Celebrate and talk about movement with your child
- Make sure they have lots of opportunities for movement play - both indoors and out
- Let your child explore and take safe risks
- Make it clear that there are places where it is safe to move freely like this and places where it is not.

Safety rules



Keep hands and feet safe so you do not hurt yourself or anybody else.

Take Off Your Shoes



For further information about 'Developmental Movement Play', please visit www.jabadao.org

Developmental Movement Play

What all babies and children need for their learning, health and wellbeing...



**Sure Start
Children's Centres**

Beacon Heath, Heavitree & Polsloe & Whipton

Working with families and their children under 5
to build future generations of happy, healthy, confident children



in partnership with
Devon
County Council



**action for
children**

What is 'Developmental Movement Play'?

DMP is about giving all children lots of opportunities to explore the possibilities of their own bodies through five different kinds of movement.

Children move all the time because it helps them to build their body and their brain.

Lots of skills they need later on in life are developed by the **spontaneous** movement play they love so much.

Floor Play

As babies and children play on the floor on their backs they:

- Begin to uncurl from the curled up letter C shape they had in the womb
- Begin to find their 'ends' as they grab their toes with their hands.

On their tummies they:

- Develop a sense of interest in the world around
- Develop a felt-sense of their upper body and their centre (important for writing later on!)

Belly Crawling

This first independent travelling helps babies and children to:

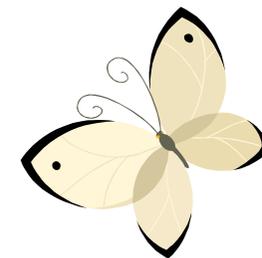
- Stimulate the centre of their body (helping them to come out of nappies quicker!)
- Gain an accurate sense of hunger and fullness, heat and cold.
- Build an accurate pain threshold which helps them to stay safe.
- Develop open hands (important for fine motor skills and writing later on!)



Crawling

This helps babies to:

- Develop a sense of balance
- Stabilise hip and shoulders ready for standing.
- Develop the 'eye tracking' they need to look smoothly up and down (which helps them later to read lines in a book!)
- Develop the ability to sort and sift information.



Push, Pull, Stretch, Hang, Buffet about

These help babies and children to:

- Build a strong sense of their body
- Feel right in their skin
- Coordinate their movement
- Take 'safe' risks and build their confidence
- Learn to take care of themselves and others

Spin, Tip, Roll

These help babies and children to:

- Develop balance - physical and emotional
- Ensure their eyes can focus well on
- Objects near and far, and between one and the other
- Sort and sift and organise information and be ready to learn
- Learn what it is to live in relationship to the changing world around
- Develop their adaptability



If you join in and copy their movements they will know you value what they are doing and enjoy it even more!