



Baby 'n Me

Bellingham Technical College
Home and Family Life Education

1. Exercise for head and neck: Do “sit-ups” and “fall-backs” with infant on lap or floor. Do gently, grasping hands and wrists.
2. Exercise for head, neck and upper chest: Try an airplane ride.
Rest infant’s body on your legs and grasp his arms (you are on your back with knees bent and in the air.) Lift your legs up and down.
Grasp infant’s torso and raise him up and down over your head.
Hold infant in front of you on her tummy, and support her with your hands on her chest and upper legs.
3. Exercise for arm muscles: Have infant on floor on tummy; lift legs a few inches and encourage him to straighten arms and push. When he’s quite steady like this, walk him like a wheelbarrow. Or hold baby in front of you next to wall, tell him to push with hands and when he does, move backwards. Try this in front of a mirror. Have him push with his feet, too.
- 3a. Another exercise for arms and hands is having a push-pull game with a stretchy object.
4. Exercise for stomach: hold your baby by the waist and “roll” her back and forth over a round pillow or beach ball.
5. Exercise for tummy and legs: Have infant on back and bring legs up over body, keeping legs straight. Touch toes to nose-if natural flexibility allows.
6. Exercise legs by:
Holding infant under arms and allowing him to do deep knee bends in a standing position.
Having infant on back in crib or playpen with an object of cradle gym strung above feet, that he can easily kick and move about or around. Even better if it makes noise.
Variation: Have him exercise arms by batting at it with hands.
7. Exercise crawling muscles:
Put infant on tummy and encourage crawling by offering something fun to crawl towards or after.
Push against baby’s feet to provide traction.
Play a game of chase—you crawl after your infant and let her crawl after you.
Provide “obstacle courses” for your crawler. You are the best one: over or under you. Try also using pillows, cushions, or cardboard boxes. Make a climbing hill of cushions and use a flat piece of cardboard to make an indoor slide for the ride down.
8. Exercising walking muscles by encouraging walking:
Walk with your baby – holding onto one or both hands.
Give him objects to push around: a light kitchen chair, a laundry basket, a cardboard box, a plastic dishpan (upside down), or a rolling toy.
Put your baby in a playpen and put a favorite toy on corner opposite to baby and encourage him to get toy or knock it off.