

*“Movement is a child's
first language”*

INSTITUTE FOR NEURO PHYSIOLOGICAL PSYCOLOGY

*“Children can
communicate without
words, but they
cannot communicate
without movement”* TINA

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FURTHER INFORMATION
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KIRKGATE
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DEVELOPMENTAL
MOVEMENT PLAY

“A CHILD'S FIRST
LANGUAGE IS
MOVEMENT...”



DEVELOPMENTAL MOVEMENT PLAY

During everyday play, children enjoy moving their bodies EG: crawling, spinning, rolling, stretching, hanging etc This is known as Developmental Movement Play.

As adults, we are at risk of restricting children's movements... EG prolonged use of car seats, baby walkers etc. and this could be affecting their future health and all round development. Researchers (JABADAO) advise that the more we encourage developmental movement play and the more we allow children the freedom to move in different ways will provide the foundations that will help children to learn, make and keep friends, look after themselves and each other and to stay healthy, throughout their lives.

HERE ARE 5 IMPORTANT MOVEMENT ACTIVITIES ...

- **FLOOR PLAY** – on backs, on tummies, rolling over and over etc.
- **BELLY CRAWLING** – travelling across the floor on their tummies
- **CRAWLING** – travelling around on all fours
- **SPINNING, TIPPING AND TILTING** – spinning cones, round a bouts, rolling down the hill, swinging back and forth, hanging upside down etc.
- **PUSHING, PULLING AND STRETCHING** – rough and tumble play, pulling up on climbing equipment, playing on monkey bars etc.

“From the moment they are born, babies are busy building their brains and the earliest brain building is supported by movements...”

JABADAO