

Jumping Jacks

Develops leg muscles, balance and bone density



Jumping develops your child's dynamic balance and coordination skills. Toddlers first learn how to jump off low structures such as the bottom step, before progressing to jumping from a standing position at around age 3.

How to get jumping:

- **Jumping Off** - find simple structures such as a low garden wall. Encourage your toddler to climb up and jump down. Hold your toddler's hands to start.
- **Jumping Up** - active rhymes like Jack-in-the-box, Dingle Dangle Scarecrow and Ring A-Ring O' Roses are a fun way to share jumping with your child or playgroup friends. Your child will also learn rhythm and timing.
- **Jumping In** - head outside after rain and stomp and jump in the biggest puddles you can find together! Try jumping into the puddle and out again.
- **Jumping On** - bouncing on the bed is an all time favourite for toddlers. Encourage them to jump off with your support until their confidence grows.



Develops dynamic balance

Assists your child in activities that involve jumping and landing.



Increases bone density

Jumping strengthens your child's bones and leg muscles.



Baby play idea

Support your baby under their armpits with your hands and gently bounce them to active songs.

For more tips and ideas go to fb.me/MightyMoversCBR or bluearth.org