



Children's Play: Fun and Easy Ways to Help Your Baby and Toddler Grow Up Strong, Supple and Full of Physical Confidence

Eileen Fursland, Sarah Crombie

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Research into child health has shown that the active participation of parents in their children's exercise is vital in encouraging good health for kids. Babies and children of all ages love to play, and this book provides information for mothers and fathers who want to play with their children, help them develop new skills and have fun at the same time. Photographs illustrate simple, gentle games and exercises that parents can do with a baby or child, from the first few months of life to pre-school age. The book explains how a baby grows from a helpless newborn to a sturdy, active child and six chapters cover the various stages which babies, toddlers and pre-school children go through. It explains the new physical skills they learn along the way and gives games, activities and exercise advice for each stage. Throughout the book parents talk about their own experiences, suggest solutions to common problems and give reassurance to the parent reading the book. There are also safety tips and ideas for the best toys and equipment for different ages.

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