

Born to move

To learn babies need to...

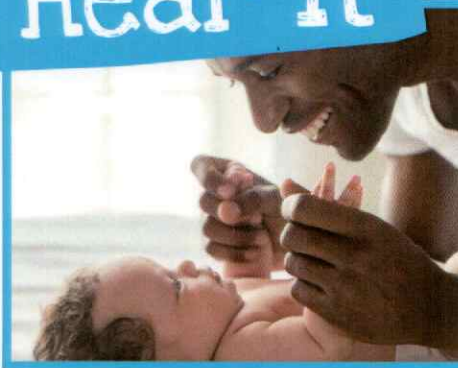
see it



Eyes need to move

This develops their eye muscles for reading later on.

Hear it



Chatter matters

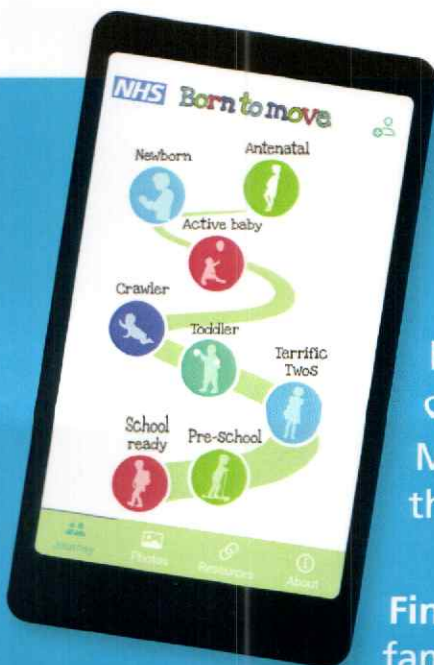
Speak to your baby each day. It will help your child learn to talk.

Do it



Playtime

Being active with lots of awake tummy time will support your baby's physical and brain development.



Free NHS app

For more help and advice you can download our Born to Move app, which is free from the App Store or Google Play.

Find out more at family.kentcht.nhs.uk/borntomove



App Store



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