

Infant and Toddler Physical Activity Resources

American Academy of Pediatrics – HealthyChildren.org is the only parenting website backed by 67,000 pediatricians committed to the attainment of optimal physical, mental, and social health and well-being for all infants, children, adolescents, and young adults.

Be Active Kids® - (Movement Guide, Handouts, and Active Play Resources) - Signature program of the Blue Cross and Blue Shield Foundation of North Carolina that promotes physical activity and play opportunities to improve the lives of children birth to 5 years old.

Go NAP SACC – For over a decade, the Nutrition and Physical Activity Self-Assessment for Child Care, or NAP SACC program, has worked with early care and education programs to set preschool children on a lifelong path to healthy eating and activity. The NAP SACC team developed self-assessments, action planning, and educational tools to help early care and education programs set goals and make improvements to their nutrition and physical activity practices.

Healthy Kids, Healthy Future (formerly Let's Move Child Care) - Healthy Kids, Healthy Future is the revised name and continues the work of Let's Move! Child Care (LMCC), part of Former First Lady Michelle Obama's Let's Move! initiative to prevent childhood obesity. Healthy Kids, Healthy Future encourages and supports child care and early education providers to make positive changes in their programs in order to work toward a healthier future for children.

Move Baby Move - is a booklet designed by Queensland Government to help parents and early childhood providers incorporate safe, active movement into their baby's daily routines. Move Baby Move identifies the kinds of activities that are suitable for babies of different ages and gives parents suggestions about how they can support their baby's physical development in an enjoyable and safe manner.

Natural Learning Initiative -The Natural Learning Initiative (NLI), founded in 2000 with the purpose of promoting the importance of the natural environment in the daily experience of all children, through environmental design, action research, education, and dissemination of information, is a research and professional development unit at the College of Design, NC State University, Raleigh, NC, USA.

Nurturing Pathways –The Nurturing Pathways® Program is derived from scientific research on the brain-body connection. The Nurturing Pathways® curriculum targets age appropriate learning and growth encompassing cognitive, physical, sensory and social-emotional development as well as parent education.

The Inspired Treehouse - The Inspired Treehouse believes that with a little help, kids can build strong, healthy bodies and minds through play. They feature easy-to implement activities that are designed to promote all kinds of developmental skills for kids.

Books Related to Infant and Toddler Physical Activity:

[A Moving Child is a Learning Child: How the Body Teaches the Brain to Think \(Birth to Age 7\)](#)

[Active Baby, Healthy Brain](#)

[Baby Minds: Brain-Building Games Your Baby Will Love](#)

[Baby Play & Learn](#)

[Baby Play for Every Day: 365 Activities for the First Year](#)

[Baby Play \(Gymboree\)](#)

[Begin With a Blanket: Creative Play for Infants](#)

[Brain Rules for Baby](#)

[Caring for Your Baby and Young Child](#)

[Encouraging Physical Activity in Infants](#)

[Encouraging Physical Activity in Toddlers](#)

[Hike It Baby: 100 Awesome Outdoor Activities with Babies and Toddlers](#)

[Infant Motor Development](#)

[Life Span Motor Development](#)

[Move, Play, and Learn with Smart Steps](#)

[Sensory Processing 101](#)

[Simple Play: Easy Fun For Babies](#)

[Smart Moves: Why Learning Is Not All In Your Head](#)

[The Well Balanced Child: Movement and Early Learning \(Early Years\)](#)

[The Wiggle and Giggle Busy Book: 365 Fun, Physical Activities for Your Toddler and Preschooler](#)

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