

Home activities...



Turning!

Baby &
Pre-school
age 0-4



Active



Stimulation



Play



The basic principles of the activity & how you execute it

Your little one needs to be able to stand and hold onto something sturdy. Facing away from you, you say, “turn-turn-turn” and little one turns to face you.

The head should lead the movement then the shoulder follows. Try to encourage them to reach out to you with the arm on the side of the body that has turned to you – this would replicate the turn from the bar/wall in the pool. Key words would be “TURN-TURN-TURN” and “Reach”.



What you will need

Sofa/stool, bed, sturdy dining room chair - any of these will do as props.



Notes for parents

Helps to promote the turn-turn-turn word association needed for turning independently at the bar/wall ready for a push into a swim - just like the little girl above!



Find out more information at puddleducks.com

