# Born to Move
# Active Movement

## Can early years practitioners use Active Movement to positively influence development of today's children?

presented by
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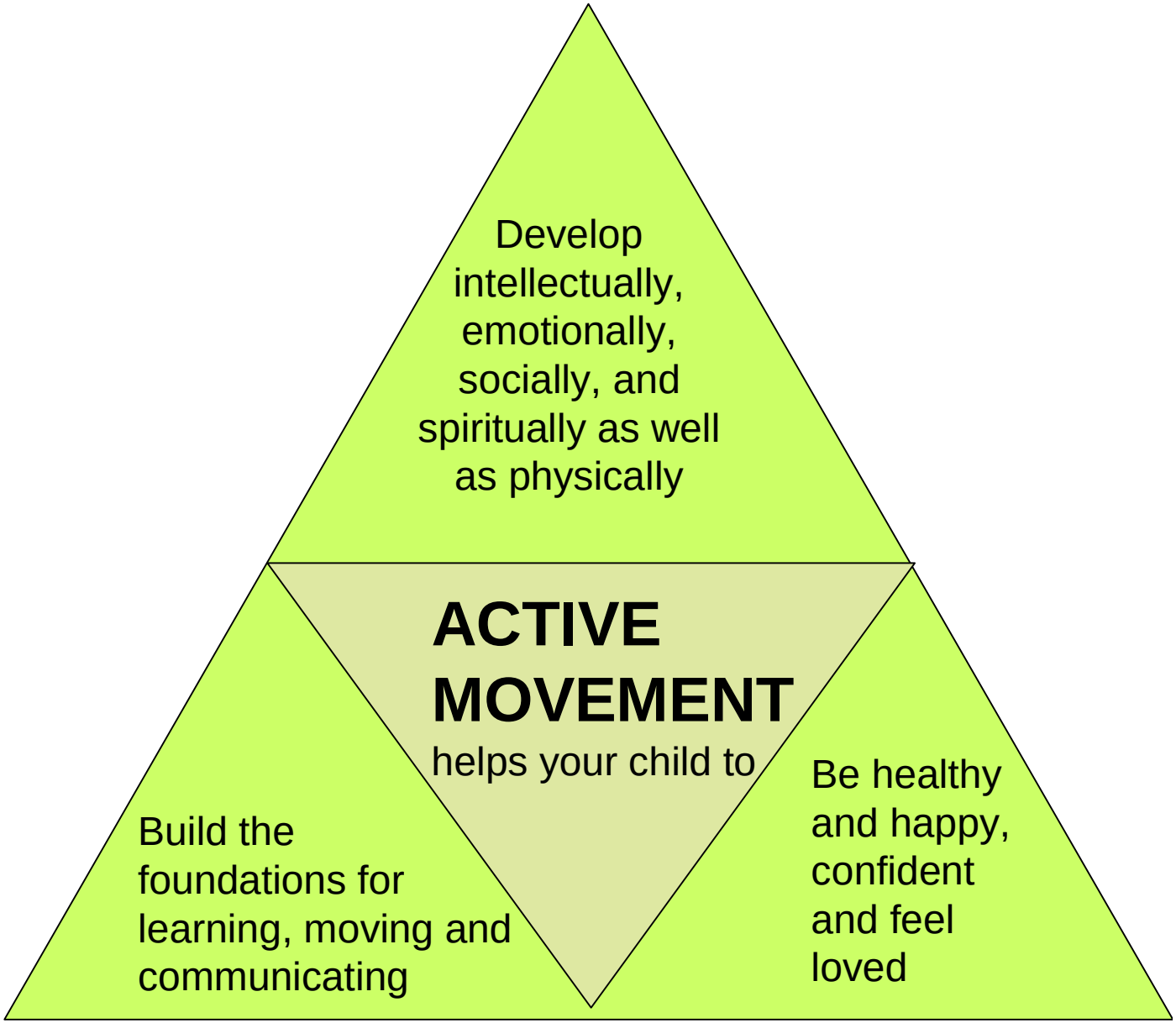
A Sure Start Children's Centre

Eastern and Coastal Kent

Where every child matters
Ashford 1 LCSP

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# What's changing for infants?

- Too much time in baby containers (car seats, prams…)
- Busy lifestyles
- Lack of extended families
- Lack of space to play
- Emphasis on technology

# Sensitive and critical periods

- There are sensitive critical periods when the brain is most efficient at learning.
- Active movement encompasses this period and throughout early childhood years.

www.brainwave.org.nz

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# Tummy time while awake!

- During tummy time important muscles are strengthened for moving and exploring.

- Whenever possible babies should be out of ‘containers’ and off parents’ knee, and onto their tummies.

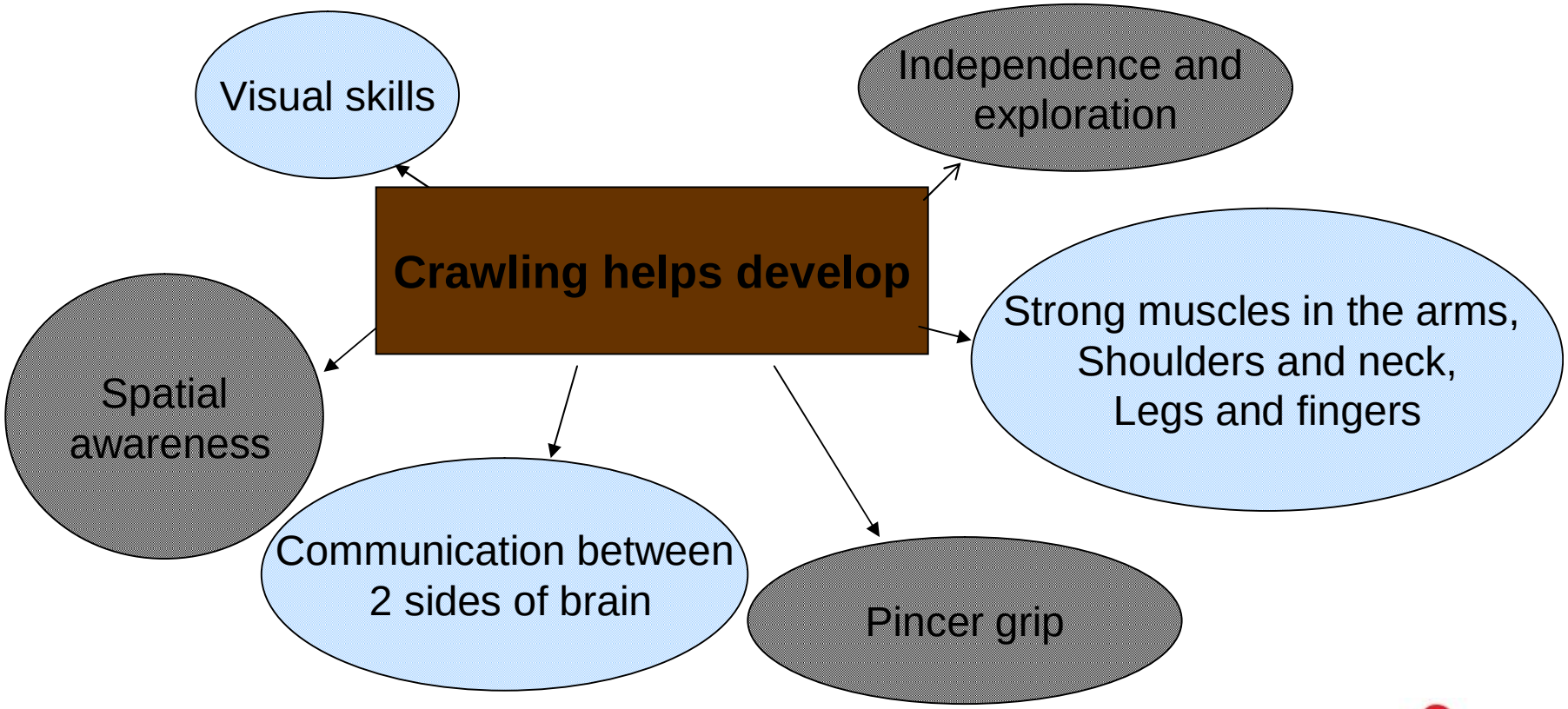
- Floor play encourages movement, exploration and rolling.

## Slide 5

**L2** Moved text up slightly so bottom of 'g' isn't cut off.

Also made text slightly smaller and more spaced out. Clearer for audience.
Laura, 05/10/2011

# Why is crawling important?

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# Ashford Active Learners Project

- March 2009 – Active Movement Champion Training – Multi-agency Children's Workforce.
- Pilot study commenced, funded by the Health and Wellbeing partnership fund.
- Cascade training to Early Years staff – Education and Health.
- Evaluation of pilot study - March 2010.

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# Pilot study in Tenterden

- Sharing information with parents about awake tummy time and its important links with crawling.
- Data was analysed from 8-10 month child development review.
- Study demonstrated an increase from 30% to 100% of infants crawling between 8-10 months.

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# 2nd Phase

- Pilot study extended across the whole of Ashford.
- 1,500 new births all received information on ‘awake tummy time’ and ‘eyes need to move too’ through Health Visiting Universal contacts.
- Sure start teams across Ashford were trained to continue this message to parents.
- School entrants were assessed.

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# The workshops for Early Years Staff

All staff who attended the workshops…

- felt confident to talk to parents about the evidence base for awake tummy time and parents role as early childhood educators.
- had written information they could share with parents.
- had increased awareness of the importance of early childhood physical activities and brain development.

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# Our short term goals – by March 2011

- To analyse a representative sample of 10-12 month reviews from the 1,500 infants visited annually in Ashford.
- Develop an insert for the PCHR (red book).
- To review school entry assessments as baseline evidence for extending the project to improve school readiness in our area.

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# 2nd phase results

- Universal contact four results across the whole of Ashford were reviewed for the evidence of crawling in Dec/Jan 2011.
- Once again we found an increase from 30% up to **94% of babies were crawling by this contact.**

- **Commissioners are now discussing rolling the programme out across Kent to improve outcomes for children through our Health Visiting Service.**

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# We believe

- **Active movement is a very worthwhile initiative, that is simple to deliver within services that already exist**.

- Gathering evidence has enabled us to improve our practice and our outcomes for children.

- Parents are empowered to help their children develop.

- Active Movement stimulates a child's brain at a critical stage of life. It is integral to their development.

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# Take home message…

Health Visiting Teams are the only service to visit all Babies .

We know every child matters and we **can** positively influence  the development of children.

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# Thank you!

For more information on the proje
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