

Month 10: Jumping Infant

Equipment

While it is important to limit a child's time in confining equipment, exersaucers and jolly-jumpers can be a part of a typically developing child's day. Both of these items allow an infant to move between hip and knee flexion and extension, causing a bouncing pattern. This is an infant's version of a "jump". It is important to limit time in these types of equipment to no longer than 15-minute periods.

Supported Jump

Even before your infant is able to stand independently, it is okay to hold both their hands and move them up and down, mimicking a jumping pattern. This will teach your child to bend and straighten his knees to bounce in a standing position. You may have more success if you do this to music, as it will motivate the child to "dance".

Sidewalk Jump

When out walking with your child, hold their hand or hands and help her jump over the cracks in the sidewalk or over (or into) the puddles you find!

Pillow Jump

Using a large amount of pillows and squishy objects, make a pile. Your child will quickly get the idea and begin jumping or throwing themselves into the pile, enjoying the soft landing.

Bounce Around

Many children enjoy the bounce they get on a bed or sofa (if you don't mind doing this with your child). Support her arms as she jumps up and down. A safer option may be to use a blow-up air-mattress on the floor.

Dance Time!

Using some upbeat music, motivate your baby to bob up and down to the beat. This is the first movement to learn when learning to jump.

Jumping Animals

While encouraging your children in their jumping games, whatever they may be, talk about all of the animals that you can pretend to be – crickets, frogs, rabbits, kangaroos, etc. Ask your child to imitate the sounds that these animals make. Movement can be a great way to promote language and communication!

Reference:

SPARC: Sports and Recreation New Zealand. (2008). Walking, running and jumping. Active Movement.