

# Learning to Move: Heads Up and Ready to Roll VIDEO

## PLAY IDEAS TO GET YOUR BABY STARTED WITH MOVING

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Play ideas to get your baby started with moving.

Parents and health care providers who previewed "Learning to Move: Heads Up and Ready to Roll" were glowing in their reviews!

The importance of informal playtime and daily routines between parent and baby on the development of early moving skills is the heart of the video.

Ideas for moving skills from early head control to beginning to roll are shown. It uses clear language and is suitable for a variety of families.

For further inquiries contact:

Infant-Parent Program  
905-521-2100, extension 77406  
e-mail [bsmith@hhsc.ca](mailto:bsmith@hhsc.ca) / fax: 905-521-7926

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