

# 8 THINGS TO ELIMINATE TO HELP YOUR BABY'S MOTOR SKILLS DEVELOP





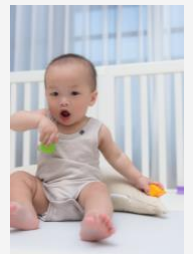

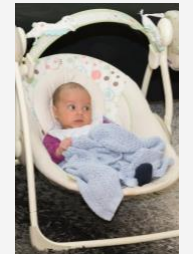
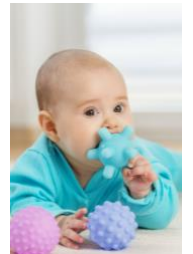
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[www.babiesnecksandnoggin.com](http://www.babiesnecksandnoggin.com)



**BABIES, NECKS,  
AND NOGGINS**

Here is a list of things you can eliminate to help your baby develop their motor skills right!

	<p><b>Carrying baby everywhere in baby car seat</b></p>	<p>When babies spend too much time in a car seat can lead to Flat Head Syndrome, and it doesn't help them to develop their trunk and head control.</p>	<p>Instead, carry your baby in a baby carrier, and leave the car seat in the car as much as possible.</p>	
	<p><b>Leaving baby in car seat when you arrive</b></p>	<p>When babies spend too much time in a car seat, it doesn't allow them to look around, move around, or develop their trunk and head control. It also can lead to Flat Head Syndrome.</p>	<p>When you arrive, get baby out of their car seat and place baby on your lap, in your baby carrier, or do some floor play. Try leaving the car seat in the car.</p>	
	<p><b>Keeping baby confined to a baby playpen</b></p>	<p>Babies need open play areas on the floor to explore and move around on in order to develop their gross motor skills.</p>	<p>Create a safe, baby-proof play space on the floor of one or two rooms in your home, with simple toys to encourage exploration and play.</p>	
	<p><b>Always using baby rockers and swings in the infant stage</b></p>	<p>Babies who are consistently placed in a semi-reclined position do not develop their motor skills as well, and tend to develop Flat Head Syndrome.</p>	<p>Do floor play, including tummy time, multiple sessions a day. Start with 4-6 sessions of 10 min at a time and work up from there.</p>	

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	<p><b>Always using baby jumpers and walkers with babies 6 months+</b></p>	<p>Babies who are consistently placed in anti-gravity play equipment have more difficulty learning to balance in standing and walking.</p>	<p>Let babies crawl, pull up to furniture, cruise, walk with push toys, and eventually take steps on their own.</p>	
	<p><b>Never letting baby put toys in their mouth</b></p>	<p>When babies mouth toys, sometimes parents take them away for sanitary reasons. Babies have the highest amount of nerve endings in their mouths. This is a primary way they learn about their world.</p>	<p>Let babies mouth many different baby-safe and teething toys. It helps them learn about the objects, and they improve their hand-eye coordination.</p>	
	<p><b>Baby cries in tummy time, so don't do tummy time because they don't like it</b></p>	<p>Most babies cry after a few minutes of tummy time at first, because it's hard work! But if they don't keep trying to get stronger in this position, they will not develop their trunk strength and motor skills as well and as quickly.</p>	<p>Let babies try for a few minutes, then take a short break by helping them roll to their side or back. After a rest, try again for another few minutes, and gradually work up.</p>	
	<p><b>Placing infant on in tummy time alone, without support</b></p>	<p>Tummy time can be hard work! Very young babies will sometimes cry if they are unsupported by a pillow or their arms. This can lead to babies disliking or rejecting tummy time.</p>	<p>Get down on the floor and play with your baby! Parent interaction, eye contact, mirror play, and support all lead to a more engaging environment for play.</p>	