

Movement activities at home for your child

Movement is essential in early childhood and has been shown to improve children's memory, cognitive development, expression and ability to learn.

Chiang Jing Jing, Senior Occupational Therapist at the Child Development Unit, National University Hospital shares some ways to get your child moving.



Let's dance!



Switch on the music and dance to the beat! Schedule dance parties throughout the day for your child to groove, move and shake around.

Keep fit, keep moving



Put on workout videos for your child to exercise to. There are many child-friendly workouts, yoga and movement videos on YouTube including:

- Cosmic Kids Yoga
- Little Sports

Obstacle course

Build an obstacle course at home for your child - get creative with what you have!

Obstacles should include different kinds of movement (e.g. jumping, crawling, rolling) and be safe for your child.



I can help with chores too

Get those muscles moving by letting your child help out with the chores (e.g. push the laundry basket, keep the groceries, sweep the floor, participate in simple food preparation).



Hide and seek, let's find it



Start a scavenger hunt by making a list of items around the house for your child to find.

You and your child can take turns hiding and finding the items.

Simple child-friendly exercises



Jumping Jacks



Wall Push Ups



Bear Walk



Wheelbarrow Walk

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