

## WEEK 4 – Activities for Baby and You



### Wow, your baby is 3 weeks old!

Today we'll be talking about activities to try for you and your growing baby.

You might notice your baby is having more awake time between feeds and naps.

Try these 3 ways to connect with your baby during their time awake:

1. Read to them
2. Sing to them
3. Tell them about the world

Your baby loves looking at your face and hearing your voice when you talk to them. Did you know that these activities actually help your baby's brain to develop? There is lots of research about the importance of "serve and return" relationships in a very young child's life. Please see this video for more information: [Building Brains](#)



### Movement for Baby

Babies and children learn movement skills through playing and trying new things. Babies should have chances to be physically active several times each day. It might seem funny to think about your newborn being physically active, but it can be as simple as:

- Supervised tummy-time for at least 30 minutes spread throughout the day.
- Getting on the floor and playing face-to-face with your baby. Make silly sounds and faces for your baby to hear and see.
- Placing soft balls and toys near your baby so they can reach and grasp at them.

Babies can get [flat spots on their head](#) if they stay in the same position too long. Try to limit the amount of time your baby is restrained (e.g., in a stroller, car seat, or highchair) to no more than 1 hour at a time.



## Movement for Parents is Important Too!

There are so many physical and mental benefits to physical activity. After giving birth, activities that feel comfortable to you are generally safe. Start slowly, listen to your body, and rest often. If you've had a caesarean section, it is recommended you wait six weeks before doing any heavy lifting or intense activity.

Getting outside is good for you and your baby. If dressed appropriately, most full-term newborns can handle average summer and winter temperatures. [Enjoy the sun safely](#) by keeping your baby out of the direct sunlight, as they are too young for sunscreen. As your child gets older, spending time outdoors will encourage them to be more active. So, dress for the weather—rain, shine, or snow—and get outside together to explore.

## Ideas for Getting Active

### [Peterborough Sport & Wellness Centre](#)

Search for recreation programs you are interested in.

### [YMCA](#)

Search for recreation programs you are interested in.

### [Trent University Athletics Centre](#)

Search for recreation programs you are interested in.

### [The County of Peterborough](#)

Find activities and recreation programs in your area.

### [Active for Life](#)

Free tools and learning materials, news, activities, quizzes, tips, and handouts for parents.

### [Have a Ball Together](#)

Videos, activities, and resources that will help you and your family to get more active.

Have a great week!  
We'll connect again next week when your little one  
is 1 month old!



