

Campaign translations: 1-2-3 BabyExercise!

Changing positions!

Carry your baby in different ways

- Over the shoulder, on the hip, sometimes on the right, sometimes on the left, with his back against your stomach, etc.
 - Face down or on his side
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- Lay your baby alternately on one arm and the other when giving bottle feeding, as you would with breast feeding.
 - Lay your baby after feeding alternately over your left and right shoulder to burp it.

Tummy-down at intervals!

- Regularly place your baby tummy down when he's awake.
- Lie down next to your baby, talk to him or sing our song.

Tummy-down at intervals!

Lay your baby tummy down when caring for him, for example to fasten the buttons down the back of his clothes.

Exercise opportunities!

- Lay your baby in a strong mat, on a blanket on the ground or on a sheet outdoors on the grass.
- Place a toy alternately on the left and the right next to the baby's head.

Exercise opportunities!

- Restrict the time in the car seat, buggy, swing, etc. Give your baby room to move around.
- Place your baby on his back. Cycle, cycle, cycle with those little legs!