



SUPER KIDS NURSERY

early childhood centre

My Body and Movement: Building Strength, Coordination, and Confidence

Movement is one of the most powerful ways infants learn about themselves and their environment. Long before they can speak or express ideas, babies communicate through movement. Every kick, stretch, reach, and roll is part of an important developmental process that helps infants gain control of their bodies.

At our Mirdif nursery in Dubai, we recognize that physical development during infancy plays a critical role in building confidence and independence. Rather than placing infants in restrictive environments, we create spaces that encourage safe movement and exploration. Through carefully designed floor play areas, soft climbing structures, and supportive guidance from caregivers, babies are given the freedom to develop their motor skills naturally.

In the early months, babies begin developing head and neck control. Tummy time becomes an important activity that strengthens muscles needed for rolling, sitting, and eventually crawling. Our caregivers gently guide infants through supervised tummy time sessions that help build strength while ensuring comfort and safety.

As infants grow, they begin reaching for objects, grasping toys, and exploring their surroundings with increasing curiosity. These small movements are important milestones in hand eye coordination and motor development. Soft blocks, graspable toys, and interactive play materials encourage babies to reach, grab, and manipulate objects.

Rolling and crawling are particularly exciting stages of infant development. These movements represent a baby's growing ability to control their body and explore their environment independently. In our infant classrooms, spacious floor areas allow babies to safely practice these skills without unnecessary restrictions.

Eventually, many infants begin pulling themselves up and attempting to stand. This stage requires balance, muscle strength, and confidence. Our educators provide supportive furniture and soft play equipment that encourage safe practice of these new movements.

Movement is not only about physical development. It also supports brain growth. As babies move their bodies and interact with their environment, their brains begin forming important connections that support problem solving, spatial awareness, and coordination.

For families searching for an infant nursery in Dubai, particularly in the Mirdif area, a program that prioritizes physical development is essential. Babies need opportunities to move freely, explore safely, and build strength in a supportive environment.

At our nursery, we believe every small movement is a meaningful step in a child's journey toward independence. By encouraging natural physical development, we help infants build confidence in their bodies while laying the foundation for future growth and learning.

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