

# Sport RCT Case Study

## Getting children more active – Active Baby training

Active Baby focuses on the movement and well-being of children from 0-18 months, looking at development and the ways families and childcare professionals can support and nurture babies during their first 1000 days. The training highlights the importance of play and how physical literacy is central to a babies development; contributing to physical and emotional wellbeing.

We partnered with Early Years Wales (EYW) to deliver the programme in Rhondda Cynon Taf. They delivered 3 Active Baby training sessions at 3 childcare settings, to 39 practitioners. The training aims to provide practitioners with opportunities for reflection and an opportunity to add to their knowledge, skills, and attitudes. Practitioners from Aman Family Centre, Valleys Kids, and Nightingales Nursery completed the training, equipping them with essential physical development knowledge to support the 6-week Active Baby at Home programmes, which have already been delivered in their settings. Additionally, staff members participated in an Active Baby at Home 'Train the Trainer' session, meaning they are now fully trained to deliver Active Baby at Home within their settings.

By working with different sites, EYW aimed to identify how the training could be adapted to

different communities. They recognised the importance of involving parents and the wider community to ensure consistency and continuity, and witnessed how the programme can be used to create a stronger partnership between childcare professionals and families. The long-term impact of the project is that children and families will have access to enjoyable and meaningful movement opportunities that foster the development of essential motor, cognitive, and sensory integration skills. As a result, children will grow into confident, competent, and motivated movers who embrace physical activity as an integral part of their daily lives.

*"I have already incorporated some of the information into my baby massage course."*

*"I will ensure move things are put out to increase babies' movement in our sessions and talk to parents about what I have learnt."*

*"[The Active Baby pack] has clear identified ideas and suggestions that are user friendly. Referring to the pack will be quick and easy to do during sessions."*



**39**  
practitioners  
trained



**85%**  
agree or strongly  
agree that the  
training will have a  
positive impact



**100%**  
rated the course  
content as good  
or very good



**85%**  
agree or strongly  
agree that the  
training has improve  
their confidence



**85%**  
said that their  
understanding of  
physical literacy  
increased



**100%**  
would recommend  
the training to  
a colleague



RHONDDA CYNON TAF