



SportRCT Case Study

Active Baby at Home

Active Baby at Home is a six-week programme aimed at supporting new parents to understand the importance of movement through play in the first 1000 days. It brings adults together to start enjoying playing actively with their baby through everyday routines from birth. Each session is based around a topic highlighting 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. Parent and Toddler group, Rhondda Kindercare were keen to pilot the programme, so we met with them. They have a great reputation in the area as being extremely friendly and welcoming, so we knew it would be a fantastic venue to use. EYW delivered the six-week programme, with the leader of Rhondda Kindercare shadowing the facilitator each week. She then attended an 'Active Baby at Home Train the Trainer' course, allowing her to continue delivering the programme in-house, sustainably.

Six staff from the Resilient Families Nursery Nurse team and the Talk and Play team also attended the training course. We then worked with the two teams who agreed to co-deliver the

programme across three sites – Aman Children and Family Centre, Flying Start Centre Penrhys and Rhydyfelin Children’s Integrated Centre. The programme was free to attend at all sites.

Across the four sites, 29 families have engaged with the programme so far and we are really pleased with how much they have benefitted from taking part. 100% of the families questioned feel happier, are more confident and are now more active, more often. We also received the following feedback:

“It has been great learning how to be active with my baby, especially as a first-time mum”
“Meeting new parents and their babies has helped me so much”
“I have enjoyed all the sessions, particularly the activities and items you can make to help your baby’s movement”
“All parents who came to the group said that they now feel more confident to do tummy time more often at home”

