

# BABY GYMNASTICS GUIDE FOR OPTIMIZATION BABY GROWTH

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## SUMMARY

**Background:** The growth and development of toddlers is known as the golden age or golden age. Gros motor development is an increase in the ability of children's skills to carry out certain movements that involve large muscles. Movement development will be more optimal if children do physical activity through baby gymnastics. Baby gymnastics can train the muscles of the baby's body so that his gross motor skills are expected to develop optimally. **Method:** The method used in KIE media is in the form of a pocket boo which is produced as a health promotion implementation which can be used as a reference for midwives of midwifery students. **Results:** The media produced from KIE is in the from of a pocket book that can be read directly. **Conclusion:** KIE media is used as a media for promotion, communciation, information an guidance on baby exercise.

**Keywords:** Baby Gymnastics, Baby growth and Development