

**EDUCATION ON BABY GYM EXERCISES TO IMPROVE GROSS
MOTOR SKILLS IN INFANTS AGED 3-12 MONTHS THROUGH A
BOOKLET**

Siska Alvinda, Fida' Husain

Siskalvindaa15@gmail.com

Universitas 'Aisyiyah Surakarta

SUMMARY

Background: The importance of gross motor stimulation in infants aged 3-12 months is crucial, as developmental delays can affect other aspects. Baby gym is an effective method of stimulation, but information is limited. To overcome this, a KIE booklet entitled "Active Movement, Great Baby Gym Exercises to Improve Gross Motor Skills in Babies Aged 3-12 Months" has been developed. **Objective:** To improve parents' knowledge and skills in doing baby gym. **Methods:** The preparation of this booklet involves a literature study, visual design using Canva, and scientifically referenced materials that include the definition, benefits, and age-appropriate baby gym exercise guide. **Results:** This booklet media was tested on 3 respondents showing that this media helps understanding and can be used as a means of health education. **Conclusion:** The media booklet "Active Movement, Great Baby Gym Training to Improve Gross Motor in Babies Aged 3-12 Months" is effectively used as an educational tool to increase parents' knowledge about baby gym training to improve gross motor skills in babies aged 3-12 months.

Keywords: Baby Gym, Babies 3-12 Months, Booklet, Education, Gross Motor.