



# Always Encouraging

The importance of mobility in early childhood is self-initiated exploration and fun!

Promotes joint and bone development



Prevents contractures and increases motion



Improves lung function



Better bowel and bladder function



Improves blood pressure and circulation



Assists activity and functionality



Provides a new perspective and ways to participate



Provides opportunities to increase social skills



The human body is designed to be upright. Our bones, muscles, organs, and nervous system function optimally when upright, either walking or standing.

How can Jiraffe help you?

Call us for a chat on +44 (0) 114 285 3376

or email us at [hello@jiraffe.org.uk](mailto:hello@jiraffe.org.uk)

For all the info visit [jiraffe.org.uk](http://jiraffe.org.uk)

