



Baby tummy time

1 - 6 months

TIME: 5 - 10 minutes

SKILL: Lifting head, moving arms and legs

REQUIREMENTS: Safe, open floor space without sharp objects on or near the floor. Floor blanket or play mat.

Optional: picture books, colourful baby toys.

Directions

1. If your baby is only a few weeks old, start with your baby lying face-downward on your chest as you recline on a sofa, bed, or comfortable chair. Sing or talk with your baby so he wants to lift his head to look at you.
2. Progress to placing your baby on his stomach on a blanket or play mat on the floor, and get down with him so he has the incentive to lift his head and look at you as you sing or talk.
3. Never leave your baby unsupervised during tummy time, and be ready to move your baby or finish this portion of tummy time if he begins to complain and becomes frustrated.
4. Your baby should have short periods of tummy time spread through each day.

Variation

- Lie down on your stomach alongside your baby, and look at a picture book or colourful toy together. Encourage your baby to reach and touch the toy or the pictures.

Benefits

- This activity helps your child to develop basic upper body and lower body movements, as well as strength and coordination to lift the head.
- Tummy time is an important precursor to crawling.