

# Tummy Time Activities

---

- ❖ Place your baby on a safe, clean, flat, firm surface. Lie on the floor and face your baby. Help your baby push up on his elbows to lift his head and look at you. You may provide support by placing a rolled up towel, receiving blanket, or a commercial tummy time support under his chest to make lifting the head in midline position easier.
- ❖ Some babies feel more secure if they are on a small incline rather than being totally face down on their bellies. It is easier for them to work against gravity in this position.
- ❖ Adjust the baby's position so he can watch you with his head in a midline position (looking straight forward) instead of looking at you while you are off to one side.
- ❖ Talk, sing, and make faces while they are in this position. They will calm to your smell, touch, and warmth. They will begin to explore and get to know your features. Soon, they will imitate your faces, like sticking your tongue in and out.
- ❖ Place brightly colored toys, mirrors, or pictures of family members in front of your baby to encourage reaching and playing with both hands and arms. Your baby will begin propping up by himself and moving around the floor on his belly. Babies may even start to crawl while in this position.
- ❖ Roll your baby to both sides by extending his arm closest to the ground up and over head. This will teach your baby the moves to be successful in rolling by himself.