

Children's Health Medical Center Dallas

Children's Health Scholarly Collection

Infant 0-1 Year

Healthy Steps Early Childhood - Caregiver
Resources

2021

Tummy Time: Activities to Strengthen Baby

Pathways.org

Follow this and additional works at: <https://scholarlycollection.childrens.com/rjfcce-hs-infant>

As your baby grows...

1. Monitor signs of typical development
2. Keep a notebook of your observations
3. Share your concerns with your child's health care provider

Did you know?





- ▶ Tummy Time should begin as soon as your baby comes home from the hospital.
- ▶ Tummy Time is essential for infants' core, motor, and sensory development and achievement of milestones.
 - Helps improve neck and head control, and strengthens back, shoulder muscles, and core
 - Prevents flat spots on baby's head
 - Promotes motor and sensory development

Tummy Time

Activities to Strengthen Baby



Your baby should reach the following milestones by	
3 MONTHS	6 MONTHS
<p>TYPICAL Speech DEVELOPMENT*</p> <ul style="list-style-type: none"> <input type="checkbox"/> Sucks and swallows well during feeding <input type="checkbox"/> Quiets or smiles in response to sound or voice <input type="checkbox"/> Coos and smiles <input type="checkbox"/> Turns head towards sound or voice 	<ul style="list-style-type: none"> <input type="checkbox"/> Begins to use consonant sounds in babbling, e.g. "da, da, da" <input type="checkbox"/> Uses babbling to get attention <input type="checkbox"/> Begins to eat cereals and pureed foods
<p>TYPICAL Play DEVELOPMENT*</p> <p>While lying on their back...</p> <ul style="list-style-type: none"> <input type="checkbox"/> Visually tracks a moving toy from side to side <input type="checkbox"/> Attempts to reach for a toy held above their chest <input type="checkbox"/> Keeps head centered to watch faces or toys 	<ul style="list-style-type: none"> <input type="checkbox"/> Reaches for toys while on their tummy <p>While lying on their back...</p> <ul style="list-style-type: none"> <input type="checkbox"/> Transfers a toy from one hand
<p>TYPICAL Physical DEVELOPMENT*</p>  <p>While lying on their tummy...</p> <ul style="list-style-type: none"> <input type="checkbox"/> Pushes up on arms <input type="checkbox"/> Lifts and holds head up 	<ul style="list-style-type: none"> <input type="checkbox"/> Uses hands to support self while sitting <input type="checkbox"/> Rolls from back to tummy and tummy to back  <ul style="list-style-type: none"> <input type="checkbox"/> While standing with support, accepts entire weight with legs

*Remember to correct your child's age for prematurity

Please visit www.Pathways.org to find more FREE resources on child development.



Pathways.org empowers parents and health professionals with FREE tools and resources to maximize a child's motor, sensory, and communication development.



friends@pathways.org
www.pathways.org



Download our Baby Milestones and Activities App!

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FREE tools to maximize child development

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The American Academy of Pediatrics recommends

Back to Sleep, Tummy to Play



Make Tummy Time Fun Time!

- Sing songs to baby to calm and soothe
- Play peek-a-boo using a blanket or your hands
- Use rattles or other toys that make noise to encourage visual tracking
- Use a mirror—babies love faces
- Practice Tummy Time at baby's happiest time

Don't get discouraged.
Every bit of Tummy Time makes a difference!

Birth to 3 Months

Focus on getting baby used to Tummy Time. Start with a few minutes, a few times a day until it becomes part of baby's daily routine.

Lap Soothe

Lie baby face down across your lap when holding or burping. Place a hand on baby's bottom to help calm them.



Eye Level Smile

Encourage eye contact by getting down at baby's level. A blanket can be rolled up and placed under baby's chest for support.



Tummy to Tummy

Place baby on your chest or tummy so that baby is face to face with you. Lay down flat or propped up on pillows. Always hold firmly for safety.



Tummy Down Carry

Slide one hand between baby's legs and stomach. Use other hand to support baby's head and neck. Nestle baby close to you for comfort and support.



3 Months

Work on getting a total of an hour of Tummy Time daily.

Tummy Minute

Practice Tummy Time in small time increments:

- Use toys to encourage head turning and visual tracking.
- Practice after diapering or bathing so it becomes routine.



Baby Games Calendar
Free to download or print. Provides 300+ games based on baby's age.

6 Months

Baby's neck and trunk strength continue to develop through regular Tummy Time.

Baby Push Ups

Place hands under baby's chest and tummy. Use gentle lifting cues to get baby to push up on hands for brief periods.



Reach 'n Roll Play

Encourage baby to practice rolling and moving while on their tummy:

- Use toys to motivate baby to reach and rotate on their tummy to get the toys.

