

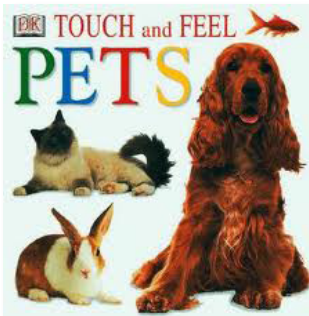
Tummy time

Let's play and talk together

- ❖ Lie on your tummy beside your baby with your face up close. Talk or sing to your baby.
- ❖ Share a book while you lie side by side on your tummies. Talk to your baby about what you see in the book as you turn the pages.
- ❖ Point to pictures to encourage your baby to reach forward and touch the book. Hold the book so your baby has to reach out to touch the pages.
- ❖ Try gently guiding your baby's hand to feel the textures of the book.



A good read-together book



Touch and Feel Pets by Dorling Kindersley

You will need a blanket or carpet area to place your child on, and some books that interest your baby.

This activity is good for developing neck, back and arm muscles, and for helping your baby enjoy books with you.

Hints for success

- ❖ Start by lying on your back with baby on your chest. This will help your child get used to being on his or her tummy.
- ❖ Look for books with simple but colourful pictures and soft pages or textures to touch. Choose books that your baby seems to like.
- ❖ If your child becomes upset, keep tummy time short.

This kitty has soft fur. You can feel it with your fingers.

Look at this red truck with big wheels. Can you touch them?

Ways to say it

More ideas for Tummy time

Try this way

- ❖ Put on light music and set up attractive toys around your child. Encourage your baby to reach out for favourite objects to strengthen neck, back and arm muscles.
- ❖ Try playing peek-a-boo while baby is lying on his or her tummy.

Book link

On the Farm (Bright baby touch and feel)
by Roger Priddy



Itsy-bitsy fingers

Itsy-bitsy fingers,
Wiggly little toes,
Teeny-tiny tummy,
Baby button nose—
Lullabies and laughter,
Lots of “baby things,”
And then to fill your heart—
The love a baby brings.

Author unknown

Safety tips

- The Public Health Agency of Canada recommends that babies sleep on their backs. It is also important for babies to have “tummy time” to help with overall physical development.
- The floor is the safest place to lay your baby when awake. Place a blanket on the floor and lay your baby on his or her stomach while you work or relax nearby.
- Tummy time should always be supervised.