

How To Keep Your

Baby



Physically Active

Encourage your baby to move their head, hands, and feet if they are not yet crawling.



Give them at least 30 minutes of tummy time each day while they are awake.



Let your baby hold onto stable objects and pull themselves up to stand.



Encourage your baby to reach for toys during tummy time.



Promote a mix of indoor and outdoor play to stimulate your baby's senses.



Avoid keeping them inactive or restrained for more than an hour continuously.



Engage in interactions with your baby to encourage exploration of their environment.



Place your baby on a large rug or blanket during playtime to ensure their safety.

