

Six Activities To Facilitate Tummy Time



Lie down on your back, lay your baby on your body facing you, and make different sounds as they try to look at you.



Place a book or mirror toy before them and encourage them to observe and grab the object.



Place toys on either side of your baby during tummy time to encourage them to turn their head in both directions.



Lay down on the floor with your baby facing them and make funny expressions to encourage them to lift their head.



Hold rattle toys with bright colors when the baby lies on their belly to encourage neck mobility.



Interacting with your child by sitting in front of them can motivate them to lift their head when responding to you.



References:

1. Tummy Time Tools; Children's Healthcare of Atlanta
2. Tummy Time; WGBH Educational Foundation