



Tummy Time

Handout A47

Other objects I could use for this activity:

- _____
- _____
- _____

Which Daily Do I want to focus on practicing:

- _____

When will we do this activity:

- _____
- _____

Who else can do this activity with my infant:

- _____
- _____

How to do this activity:

1. Use **Ready for Play and Learning** to see if your baby is ready to play and learn. Remember to use **5 Steps to Success** as you help your infant explore their natural curiosity during the activity.
2. Put your baby on the floor and place them on their back. You can put down a blanket or mat to make the floor softer.
3. If you're able, get on your infant's level by laying or sitting in front of them. Then say your baby's name and sing them their favorite song or show them an interesting toy or safe household object.
4. Remember to point out their efforts and what they're learning. You might say something like: **You're working so hard to lift your head. You're learning how to lift your head to look at your colorful rattle.**

