

Tummy Time with Toys

TUMMY TIME | Ages 3-6 months | 12 minutes

About This Activity

Advanced tummy time with toys to encourage reaching, pivoting, and strengthening.

Materials Needed

- play mat
- mirrors
- rattles
- crinkly toys

Step-by-Step Instructions

Place baby on tummy on a play mat. Put interesting toys slightly out of reach in front and to the sides. Use mirrors, crinkly toys, rattles. Encourage baby to push up, reach, and pivot. Get down at baby's level to interact. 10-15 minutes, 2-3 times daily. Stop if baby gets tired.

Developmental Benefits

GROSS MOTOR, FINE MOTOR, COGNITIVE