



My First Head Lift



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Try three cozy ways to help your baby lift their head - lying on your chest, across your arm, or on your lap - while they enjoy your touch and attention.

Helps Your Child Grow



Gross Motor

Practicing tummy time in different positions gives your baby opportunities to lift their head and build neck strength through repeated attempts.



Relationships with Adults

Your touch, eye contact, and gentle responses encourage your baby to lift their head to look at you, making practice feel warm and engaging.



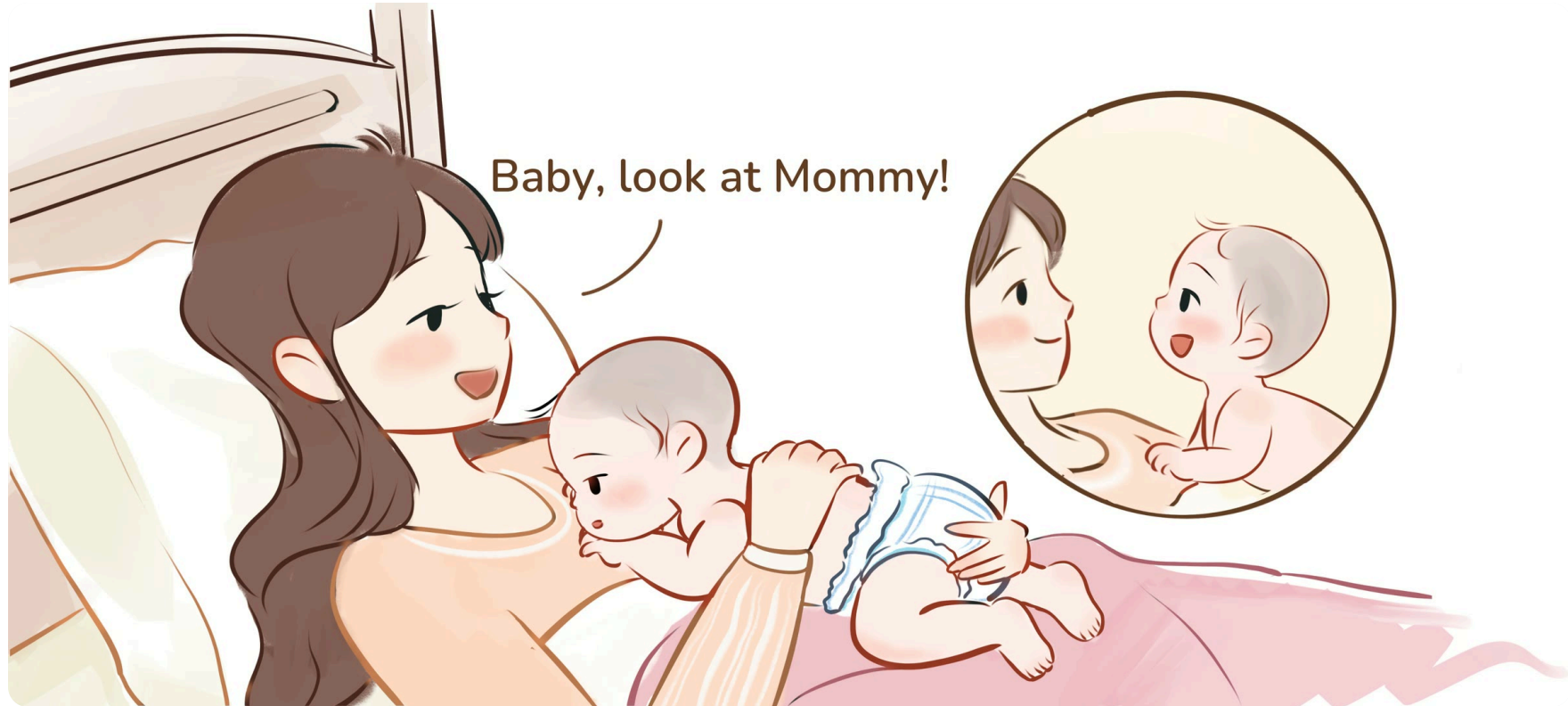
What You'll Need



No materials needed. Start when your baby is awake and content.

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Lift Your Head on My Chest

Lean back and place your baby tummy-down on your chest. Call to them gently and wait for them to try lifting their head. When they look up at you, smile, make eye contact, and offer warm encouragement. Your closeness and attention can make them want to look up again.

Observations

- ☐ Looks at you and smiles during eye contact
- ☐ Lifts their head toward you when they hear your voice

Tips

- Your gaze, expression, and tone show your baby that they are seen and loved. Feeling warm and secure can make them more willing to lift their head and look toward you.
- Let your baby's skin rest directly against your chest or arm. Skin-to-skin contact can support bonding and connection.
- Two-month-old babies tire easily and may lift their head only briefly. Go slowly and practice while your baby is relaxed and content.



Lift Your Head on My Arm

Lie on your side and rest your baby's upper body tummy-down across your arm for steady support. As they slowly lift their head, use your other hand to stroke gently from the back of their head down to their bottom, helping them relax and stay engaged.

Observations

- Tries to lift their head while lying across your arm
- Enjoys looking closely at your face

Tips

- Slow strokes from head to bottom help your baby notice the muscles along their back. This touch feedback can make it easier to hold their head up.
- Talk to your baby while they lift their head so the practice stays interesting and connected.



Lift Your Head on My Lap

Sit down and lay your baby across your thighs. Support their back with one hand and raise one thigh slightly so their head is a little higher than their body. This gentle angle invites them to lift their head. Follow their gaze and look around together so they can enjoy the new view.

Observations

- Adjusts their body as you raise your leg and feels the shift in balance
- Lifts their head while lying across your lap and looks around at the new view

Tips

- You only need to lift your leg enough to place your baby's head slightly above their body, keeping the position comfortable.
- Raise your leg slowly so your baby can adjust to the change without being startled or losing balance.
- Try the same position outdoors so your baby can lift their head to see different surroundings.
- You can practice these positions several times a day, keeping each try short - about one or two minutes.