



Baby Tummy-Time Fun



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Lie face to face during tummy time, talk about what your baby notices, and use responsive play to help the experience last a little longer.

Helps Your Child Grow



Gross Motor

Reaching sideways and shifting weight during tummy time gives your baby practice coordinating the muscles that support early whole-body movement.



Communicating and Speaking

Face-to-face turn-taking with sounds, expressions, and movements gives your baby experience participating in a simple back-and-forth exchange.



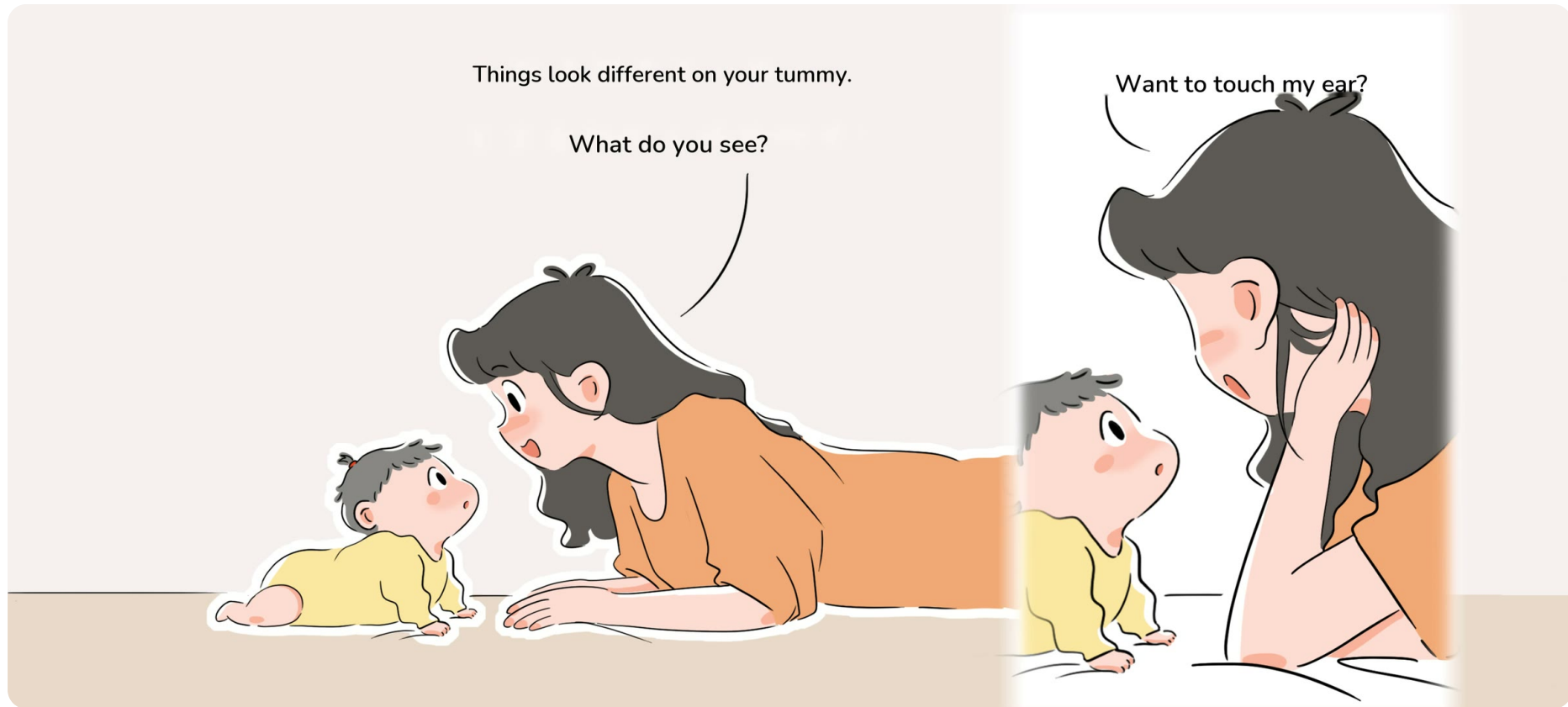
What You'll Need



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

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No materials needed.



Chat Face to Face

Lie face to face with your baby during tummy time. Follow their gaze and talk simply about whatever has caught their attention. Pause after you speak so their look, sound, or movement can become the next turn in your exchange.

Observations

- Looks at your face, smiles, or reaches out to continue the interaction
- Lifts their upper chest to see your face

Tips

- Use changes in your voice and expression as you describe what your baby can see from this new position.
- If something holds your baby's attention, move a little closer to it and name what they are looking at.
- Notice changes in your baby's face and body, then respond to a smile, frown, sound, or movement. This back-and-forth response supports #LC-CnS.



Reach for the Toy

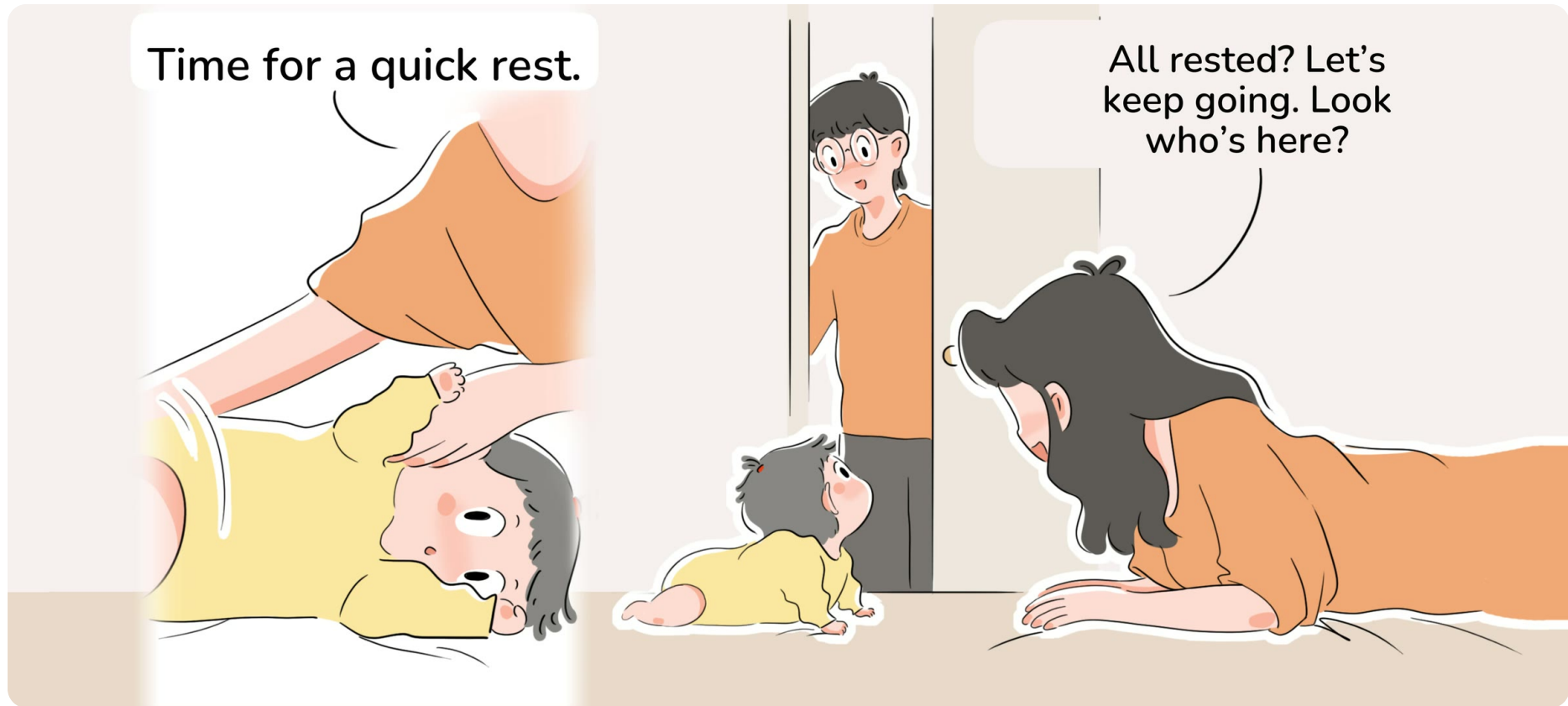
Add a toy to make the interaction more engaging. Move it gently as part of your performance and pause within reach. Your baby's own interest can motivate them to reach, while your response makes each attempt feel worthwhile.

Observations

- Tries to turn onto their side and reach for the doll
- Explores the doll with different movements after receiving it

Tips

- If your baby begins turning to the side while reaching, support the movement as needed and gradually reduce your help.
- Offer toys with different textures, such as soft cloth and smooth plastic, for your baby to touch and grasp.
- Move the toy slowly from one side to the other so your baby has opportunities to reach with either hand.
- If your baby becomes frustrated because the toy is too far away, move it closer and encourage another attempt.



Pause and Try Again

Watch for signs that your baby needs a break. After they have rested, change your position or bring back a familiar toy and see whether they want to continue the face-to-face play.

Observations

- Supports their upper body while interacting with you during tummy time
- Resumes tummy-time play after a good rest

Tips

- Watch for signs that your baby is tired, such as twisting their body, looking away, or becoming fussy.
- Repeat a familiar word or movement so your baby can begin to anticipate what comes next.
- Within a familiar exchange, pause slightly longer or add one small variation and follow your baby's response.