

As your baby grows:

1. Monitor signs of typical development
2. Keep a notebook of your observations
3. Share with your child's doctor or health care professional

By 3 months of age, your baby should reach the following milestones:

Typical Speech Development *

- Sucks and swallows well during feeding
- Quiets or smiles in response to sound or voice
- Coos or vocalizes other than crying
- Turns head toward direction of sound

Typical Play Development *

- While lying on their back...
- Visually tracks a moving toy from side to side
 - Attempts to reach for a rattle held above their chest
 - Keeps head in the middle to watch faces or toys

Typical Physical Development *



- While lying on their tummy...
- Pushes up on Arms
 - Lifts and holds head up

By 6 months of age, your baby should reach the following milestones:

Typical Speech Development *

- Begins to use consonant sounds in babbling, e.g. "dada"
- Uses babbling to get attention
- Begins to eat cereals and pureed foods

Typical Play Development *

- While lying on their back...
- Reaches for a nearby toy while on their tummy
 - Transfers a toy from one hand to the other
 - Reaches both hands to play with feet

Typical Physical Development *



- Uses hands to support self in sitting
- Rolls from back to tummy
- While standing with support, accepts entire weight with legs

Did You Know?

Tummy Time should begin as soon as you come home from the hospital.

Tummy Time is essential for infants for core motor and sensory development and achievement of milestones.

- Helps improve neck and head control, and strengthens back, shoulder muscles and core
- Prevents flat spots on your baby's head
- Promotes motor and sensory development

Babies will grow to like Tummy Time.

- Make it fun by using mirrors and toys to play after diapering
- Don't be discouraged if baby doesn't like Tummy Time
- Start off with small spurts and gradually work up to an hour per day in several shorter increments by the time your baby is 3 months old
- With practice, your baby will have a strong core and you will both become Tummy Time pros!



For more information and resources on Tummy Time, visit www.pathways.org, select the "For Parents" tab, and click on "Tummy Time"

You can also call Pathways at 800-955-CHILD (2445) or e-mail us at friends@pathways.org



Pathways.org

Tummy Time For Baby's Core Strength



Activities to Help Strengthen Your Baby

Since 1985, Pathways.org has used outcome-based research and multimedia as tools to promote each child's fullest inclusion. We strive to empower health professionals and parents with knowledge of the benefit of early detection and early intervention for children's sensory, motor, and communication development. Pathways.org is a 501(c)(3) Not-For-Profit

*Correct your child's age for prematurity. If you have concerns, consult your pediatrician or health care professional.

The American Academy of Pediatrics recommends placing babies on their back to sleep ...and on their tummy to play, for stronger babies. Infant games to encourage Tummy Time:

Is your baby meeting milestones for his age group?
What can you do together to help his development?

To get a personalized calendar for your baby to track his milestones, helpful weekly games and activities go online to Pathways.org:
Under parents tab, click new parents
Enter your baby's name and date of birth

BIRTH TO 3 MONTHS

At this age, focus on getting your baby used to Tummy Time.
Make Tummy Time part of your routine— a few minutes, a few times a day—by using these ideas.



Soothe baby on your lap:

Rather than holding or burping your baby in an upright position facing your shoulder, place him face-down across your lap. A hand on baby's bottom will help steady and calm him.



Lay baby on your chest:

Lie down on the floor or a bed, flat or propped up on pillows. Place baby on your chest or tummy, so that you're face-to-face. Hold firmly so that he will not roll off.



Get down to baby's level:

While baby is on his tummy, get down to his level to encourage eye contact. A blanket can be rolled up and placed under his chest and upper arms for added support.



Carry baby tummy down:

When carrying baby, slide one hand between his legs under his stomach. Use your other hand to support his head and shoulders. Nestle the baby close to your body; this offers comfort and support.

3 MONTHS

By three months, your baby should be getting an hour of Tummy Time, not all at once, but in spurts throughout the day.



Make it fun with a toy:

As your baby begins to reach for things, move toys away from baby or lift them higher, so she must look up to see them. In addition, toys can be used to encourage head turning. Make sure to switch sides often, so baby learns to look to both sides.

6 MONTHS

As your baby continues to grow and develop neck and trunk strength, challenge him and keep him interested with some new moves.



Promote baby push-ups:

Capture baby's attention with a toy and use your fingers under her tummy to provide gentle lifting cues. Have baby push herself up on her hands and hold position for a short while before sinking back down to the surface.



Reach 'n roll play:

Encourage your baby to practice repeated rolling from her back to her tummy to reach a toy. Baby is ready to start moving on her tummy. Place toys in a circle around baby to encourage her to pivot and reach while playing on her tummy.

Tips: Make it fun

Sing song: Play on the floor with your baby, tummy down. Place toys in front, sing songs. Your baby loves your face and voice!

Peek-a-boo: Play it with your baby while he's on his tummy. Put a blanket over your head or just cover your face with your hands. Surprise your baby when you appear again!

Toy circle: Put your baby's favorite toys in a large circle on the floor. Place him on a blanket in the middle - tummy down. Watch him reach and rotate to play with his toys.

Sneak in some Tummy Time games after diapering. Every bit helps to strengthen baby's core.