



# Tummy Time Tip Sheet For Your Baby

## 9 Months

Provide safe floor space near you while your baby learns to sit, crawl, stand and explore their world. Babies become more and more active as they learn to use their bodies.

### ***Remember Back to Sleep...Tummy Time to Play***

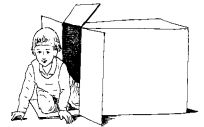
#### **How I grow**

- I can crawl around and pull myself to stand.
- I cruise while holding on to your hands.
- I have good balance while sitting with toys on the floor.
- I can move from sitting onto my hands and knees or roll on the floor.
- I can use my hands together to hold and play with toys.
- I can use my thumb and pointer (pincer grasp) to pick up small objects.
- I wave bye-bye when people go.
- I have the fine motor control to pick up things, but cannot nicely put them down. I tend to drop or throw them.



#### **Things to do with me**

- I like to stack bowls, blocks, and play with pots and pans.
- I enjoy dumping and refilling buckets to dump again.
- Let me crawl through boxes and under blanket-covered tables.
- Place toys on the couch for me to reach and play with.
- Help me learn how to scoop and pour in the bathtub.
- Roll a big ball back and forth with me while I sit and crawl on the floor.
- Let me practice feeding myself. I can be messy.



**I need to spend time on my tummy whether it be crawling, playing, or looking at books with you.**

#### **Clinton County Tummy Time Task Force**

Clinton County Health Department  
133 Margaret Street  
Plattsburgh, NY 12901  
Phone: 518-565-4798  
[www.clintonhealth.org](http://www.clintonhealth.org)