



Tummy Time Tip Sheet For Your Baby

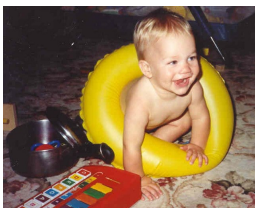
12 months

This is a time of unlimited energy, enthusiasm and curiosity. Your toddler likes to view the world from an upright position. Provide safe places for your child to practice moving.

Remember Back to Sleep...Tummy Time to Play

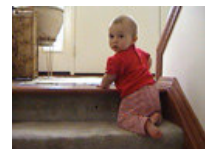
How I grow

- I creep on my hands and knees to explore my world.
- I pull to stand and walk with assistance.
- I like to cruise along furniture.
- I stand alone with feet wide and arms up.
- I can release small objects into containers.
- I begin to hold a crayon and scribble.
- I like to stack objects.



Things to do with me

- Let me lie on my tummy and scribble on paper.
- Take me outside to creep in the grass, snow and sand.
- Make an obstacle course with safe low places for climbing over, on top of and under.
- Roll a big ball to me while I am sitting and crawling on the floor.
- I like to throw beanbags, give me a bucket or a target to aim for to develop my eye-hand coordination.
- I love to play in water, give me toys, cups, and spoons.
- I like to play with stacking blocks, rings, and nesting cups.
- Hold my hand and walk with me, move slowly so I can learn to balance.
- Pull me along in a wagon or sled to practice my balance.
- Encourage me to climb up stairs on my hands and knees. Please follow me closely to keep me safe.



Tumble and play with me and tell me how much you love me through hugs and kisses and quality time on the floor!

Clinton County Tummy Time Task Force

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