

Tummy Time Fun with your Baby

While your baby is on their tummy, show them a toy and move it near their shoulder. See if they'll roll to their side or reach out to grab it.

While your baby is on their tummy, gently massage their back and talk to them. Praise them for the movements they do (or try to do).

Lie a soft towel on the floor and place your baby's tummy on top. Bring one side of the towel up, so they'll be inclined to roll or sway to the one side. Do this with the other side of the towel too.

Place a nursing pillow or roll a towel to place underneath your baby's chest so they can lie on it. This will help them lift their head and look around.

While lying on your back, place your baby on top of you with their chest against your chest. Encourage them to lift their head and look at you by talking to them.

Place your baby's tummy on a yoga ball or a beach ball. Then, roll them gently back and forth and from side to side.

Lie your baby with their tummy across your arms and walk around your home and talk to your baby about what you see in each room.

While you and your baby are on your tummies, read them a book or something with pictures or text.

After you undress your baby, place your baby's bare tummy on a soft blanket or a towel. Describe how the towel or blanket feels (i.e. "This feels soft.")



Songs to Sing to your Baby

Zoom Zoom Zoom

Zoom, zoom, zoom. We're going to the moon. (x2)

If you want to take a trip, climb aboard my rocket ship.

Zoom, zoom, zoom. We're going to the moon.

In 5, 4, 3, 2, 1, blast off! (*Lift baby*)

Other verses: far, far, far, we're going to the stars; fun, fun, fun, we're going to the sun

Baby Pokey

You put your arms up, and your arms down.

You put your arms up, and you wave them all around.

You do the baby pokey, and you dance all around.

That's what it's all about!

Other verses: legs up/down, baby up/down

Hickory Dickory Dock

Hickory dickory dock.

The mouse ran up the clock.

The clock struck one. The mouse ran down.

Hickory dickory dock.

Other verses: the clock struck two... the mouse said, "Boo!"; the clock struck three... the mouse said, "Whee!"; the clock struck four... the mouse said, "No more!"

Singing Tip!

If you're not lifting baby or moving their body parts in "Zoom Zoom Zoom" or "Baby Pokey", show your baby the moves with your own body parts.

