

## ACTIVITY PLAN 1 – TUMMY TIME

### Aim

To improve a baby's ability to lift their head and chest off the floor and take weight through their arms

### Age

0–5 months

### Equipment

Appropriate floor space and a variety of toys with different colours, textures and sizes

### Area required

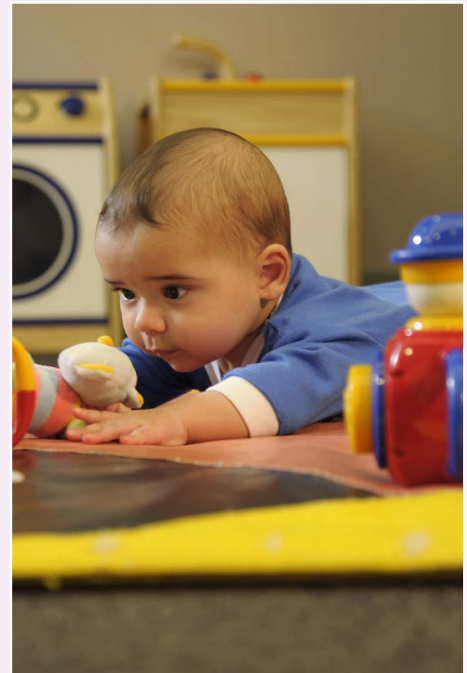
Indoor floor space

### Time

5–10 minutes

### How?

Sit on the floor to play with babies positioned on their tummies (away from mobile children to keep them safe). In a group, let the babies face each other. Place toys on the floor so it is inviting.



### Key points

- Have safe supervised short periods of tummy time each day.
- Find a suitable time for babies – not when they are hungry or tired.
- If babies suffer from reflux they may need to be inclined more upright.
- Use entertaining bright toys that babies can look at while on their tummy. Toys that move or play music will stimulate babies to lift their head to look.
- Babies enjoy people as well as toys and sometimes respond best if an adult is on the ground with them.
- Talking in a calm voice while playing with babies will not only reassure them but also help develop their speech and language.
- A rolled towel or wedge under their chests will make it easier for babies to lift their head and lean on their arms.
- Rolling a baby over a beach ball on their tummy also gives them the opportunity to develop head and neck strength.