



Tummy Time Tip Sheet For Your Baby

3 – 4 Months

Your baby is growing rapidly now, gaining weight and getting stronger every day. Babies are starting to explore the world around them. They are constantly learning while awake.

Remember Back to Sleep...Tummy Time to Play

How I grow

- When on my tummy I lift my head and use my elbows for support.
- I can roll from my back to my side.
- I can lift my arms and legs like an airplane when on my tummy.
- With your support, I can sit and hold my head up to look around.
- I begin to reach toward objects.
- I put my hands together and try to bring everything to my mouth.
- I scratch surfaces with my hands when on my tummy.



Things to do with me

- Place me on tummy in front of a mirror. Laugh and smile with me!
- Give me fun things to look at when I'm on my tummy. Cloth books, music and teething toys are my favorites.
- Sit me facing you and teach me to follow your face and play peek a boo.
- Help me roll side to side while you change my diaper. I can hold my head up while you slowly pull me up to sit.
- Carry me in different positions so I can see the world and develop my back and neck muscles.



I should spend half of my wake time playing on my tummy. Come on down and play with me.

Clinton County Tummy Time Task Force

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