



Tummy Time Tip Sheet For Your Baby

6 Months

Spend as much time as you can talking, touching, and playing with your baby. Your baby is beginning to explore their world.

Remember Back to Sleep...Tummy Time to Play

How I grow

- I can roll around to explore my world.
- I love to play with my feet.
- While on my tummy, I begin to push backwards.
- I sit on the floor with my legs spread wide for balance.
- I use my hands to support myself while sitting.
- I push up onto my hands and knees and rock back and forth.
- I reach for objects and can transfer them from hand to hand.
- I use my whole hand to grasp small objects and bring them to my mouth.
- I can hold my own bottle and try to feed myself.



Things to do with me

- I like when you play with me on the floor so I can touch and feel different surfaces and textures like the floor, blanket, or carpet.
- I like to rock side-to-side to music while on my tummy.
- A mirror, pictures, family photos, and brightly colored toys with buttons like a toy telephone entertain me and keep me happy while I am on the floor.
- Put fun toys inside of boxes to encourage me to stretch and move towards these boxes.
- When you change me, hold my hands and gently have me do baby sit-ups. These will strengthen my neck, shoulders and back.



Walker and bouncers do not allow me to develop my trunk, belly and back so please limit their use.

Clinton County Tummy Time Task Force

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