



# 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.**

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