



# Tummy Time Tip Sheet For Your Baby

## 12 months

This is a time of unlimited energy, enthusiasm and curiosity. Your toddler likes to view the world from an upright position. Provide safe places for your child to practice moving.

### ***Remember Back to Sleep...Tummy Time to Play***

#### **How I grow**

- I creep on my hands and knees to explore my world.
- I pull to stand and walk with assistance.
- I like to cruise along furniture.
- I stand alone with feet wide and arms up.
- I can release small objects into containers.
- I begin to hold a crayon and scribble.
- I like to stack objects.



#### **Things to do with me**

- Let me lie on my tummy and scribble on paper.
- Take me outside to creep in the grass, snow and sand.
- Make an obstacle course with safe low places for climbing over, on top of and under.
- Roll a big ball to me while I am sitting and crawling on the floor.
- I like to throw beanbags now, give me a bucket or a target to aim for to develop my eye-hand coordination.
- I love to play in water, give me toys, cups, and spoons.
- I like to play with stacking blocks, rings, and nesting cups.
- Hold my hand and walk with me, move slowly so I can learn to balance.
- Pull me along in a wagon or sled to practice my balance.
- Encourage me to climb up stairs on my hands and knees. Please follow me closely to keep me safe.

**Tumble and play with me and tell me how much you love me through hugs and kisses and quality time on the floor!**

#### **Clinton County Tummy Time Task Force**

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