



# 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

Clinton County Health Department  
133 Margaret Street  
Plattsburgh, NY 12901  
Phone: 518-565-4798  
[www.clintonhealth.org](http://www.clintonhealth.org)