



Tummy Time Tip Sheet For Your Baby

24 months

Provide a safe space for your toddler to walk and run. Praise them for their efforts. Your child is now motor driven, stopping only for food and naps. These are the terrific twos!

Remember Everyday...Tummy Time to Play

How I grow

- I can kick and throw a ball 3 feet.
- I am learning to climb.
- I still like to crawl skillfully, and do it quickly.
- I can jump up...forward...and off a step.
- I can run but have difficulty stopping.
- I can sit myself down in a small chair.
- I now can place shapes into a sorter.
- I turn pages in a book one at a time.



Things to do with me

- I like to lie on my tummy and look at picture books. Teach me to point at pictures and tell me the names of things.
- I like to build roads with blocks and push cars and toys along on my hands and knees.
- I like to help pick up and put away toys. Give me big bins to put them in.
- Take me for slow walks and let me squat down, examine, and pick up objects.
- Provide cups, rings, and blocks for stacking. I like shape sorting boxes.
- Let me practice feeding myself with a spoon and fork. I drink from a cup. I can be messy.
- I like to push or pull toys when walking. I love toy wagons, lawn mowers and shopping carts.
- Play music and wave scarves to the beat - teach me to dance!



**I am very curious about my environment, watch me closely to keep me safe.
Continue to promote tummy time to help me develop.**

Clinton County Tummy Time Task Force

Clinton County Health Department
133 Margaret Street
Plattsburgh, NY 12901
Phone: 518-565-4798
www.clintonhealth.org