

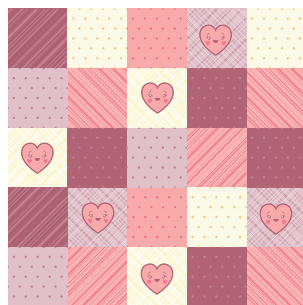
Tummy Time Cloth: Exercising and Seeing

Instructions:

1. Choose several squares together that vary in texture and color.
2. Sew or bond the squares together. This small blanket is the tummy time cloth.
3. Place your baby on his tummy on the cloth.
4. Talk to him about what he sees and what you see him doing. Encourage him to lift his head.
5. Be sure to respect his cues. When he is done looking he will turn away and rest. He may turn back and look again.
6. You can do this activity again and again over the next few days.

How to extend activity:

The tummy time cloth can go along as you travel through your day. Try new ways to encourage your baby to spend more time on his belly. Lie across from him and talk to him.



Materials:

- Scraps of material of different designs, colors, and textures, cut into 6 inch squares
- Needle and thread or bonding tape and iron
- Scissors



What they learn:

Motor: Time on his tummy is helping your baby's neck, back, and stomach muscles get stronger.

Language: Your baby recognizes your voice and will try to look for you by lifting his head when he hears it. Your baby will look for a while and then look away. When his brain and muscles are stimulated, he needs to have balance between activity and rest.