

Promoting Learning & Growth

Tummy Time

- A baby needs to spend some time on their tummy to build strength in their upper body, which will help them learn to roll, sit, and crawl.
- Start slowly with 1-2 minutes at a time, a few times per day. By 4 months, aim for 30 minute sessions, 3-4 times per day.
- Many babies don't like tummy time at first, but as they get stronger, tummy time gets easier!
- You can try tummy time with baby on your chest, or by putting them on a mat or blanket on the ground.
- Placing a rolled towel under your baby's chest may make it easier for baby to lift their head.
- Giving your baby something to look at or play with during tummy time (like a toy or mirror) is a great idea.



Talking to Your Baby

- Talking to your baby is an important way to promote their language and social development!
- Try narrating what you're doing or anything you see as you go about your day. While changing a diaper, you could say "There you go, a nice clean diaper. That's better!"
- Pointing out and labeling objects or colors you see can help babies identify specific words, especially as they get older. For example, when on a walk, point out cars, trees, and animals.
- Reading a baby book is a great way to boost a baby's vocabulary and can be a nice part of your bedtime routine.
- When your baby makes sounds, talk back to them, act excited, and smile. This teaches them to take turns "talking" back and forth in conversation.
- Answering back your baby's sounds can encourage speech and show them how a conversation works.
- Babies love when you sing to them or play music!

Promoting Baby's Development

- Developing routines for sleeping and feeding will help your baby learn what to expect.
- Some people think that holding your baby too much or responding to their cries too quickly will spoil them or make them clingy, but this is a myth! You can't spoil a newborn baby. Holding and responding to your baby will help them feel safe and cared for.
- Learn to notice and respond to your baby's signals to know what she's feeling. For example, are they trying to "play" with you by making sounds and looking at you, or are they turning their head away, yawning, or becoming fussy because they need a break?

