Back or sleep and tummy to play.


Reading

1. Hold the book at the height of your eye level and point at the words while you read. 2. When the child is tired, offer a drink or the book.

Body broth:

1. Position your child on the floor:
   - Sit between your child's legs.
   - Place your child's arm over your knee.

2. Place toys in a circle around the body:
   - Place toys in a circle around the body.

3. Place toys on the floor:
   - Place toys on the floor to encourage gate or reach.

4. Place a toy on the floor:
   - Place a toy on the floor to encourage gate or reach.

What if the baby doesn't sleep on its back?

Baby is lying on its back. Cause this might:

- Bump up the head of the baby while he is lying on his back.

- Exaggerate the baby while he is lying on his back.

- Poke the baby while he is lying on his back.

Note: Don't push the baby while he is lying on his back.

How much yummy time should an infant have?

Remember: Book to sleep, Tummy to play, Sensory

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