



## Parent Resources

### Tummy Time:

- <https://pathways.org/wp-content/uploads/2016/03/Tummy-Time-Brochure-English-2016.pdf>

### Activity Ideas and Information:

- <https://pathways.org/print/>

#### References:

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## Promoting Development

Activities to encourage development at home



Learning new skills is a big part of your baby's development. Sometimes they may need help to learn and practice these new skills. By playing with your baby, you can encourage them to move, explore, grow and strengthen. This pamphlet is a guide to help you understand what types of activities are best for your baby at each age.

Since every baby is different, you can ask your baby's doctor about the best activities based on your baby's stage of development.

### 0-3 MONTHS OLD

- Tummy time: place brightly colored toys in front of your baby to encourage lifting their head and pushing up on their arms
- Place your baby on their back with a toy above their chest to encourage reaching and bringing their hands to the middle of their body



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### 4-6 MONTHS OLD

- Allow your baby to put safe, clean toys in their mouth to learn about new textures and shapes
- Help your baby to sit up and play by supporting their back if they cannot sit independently
- Tummy time: place brightly colored or noisy toys a little further away to encourage your baby to move, roll and reach for toys
- Use toys that encourage your baby to grasp and bring hands and arms to the middle

### 7-9 MONTHS OLD

- Toys that have different textures and sounds will help to develop your baby's sensory skills
- Place toys and objects your baby is interested in out of their reach to encourage your baby to move, reach, crawl, etc.
- Taller toys, like stacking rings, help your baby to play while sitting up independently



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### 10-12 MONTHS OLD

- Create an area that is safe for your baby to crawl and explore to encourage more movement
- Lay cushions and pillows on the floor so your baby can learn to crawl over things
- Put your baby in different positions (side, back, tummy) so they can practice moving in and out of these positions
- Place toys on low tables, couches or chairs so your baby can pull to stand and cruise along furniture to reach toys



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### 13-15 MONTHS OLD

- Give your baby crayons for coloring to work on fine motor skills and learn to use their hands
- Push or pull toys will help your baby to walk independently
- Stacking blocks and knocking them over helps your baby learn to move their arms and hands with more control



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