

Activities to Help Your Baby Develop

Choose a time each day when baby is awake and alert.

Spend at least 3 to 5 minutes with each activity. This gives baby time to respond.

Keep in mind that the amount of time baby is able to tolerate these activities can be very short. Look for signs that baby is tiring and needs a break.

Signs baby is tiring:

- breathing too fast or too slow
- skin colour changes such as blue colour around the lips or overall pale colour
- crying or becoming more fussy

Head and hands in the middle

Why do this?

These activities help baby bring their hands together and keep their head in the middle of their body.

What do I do?

Bring baby's hands together.

How do I do it?

Do this activity in any of these positions.



Lying on back on floor or bed

Place a rolled towel under baby's head and shoulders to support the shoulders forward.

This helps baby bring their hands to the middle.



Lying on side on floor or bed

This position makes it easier for baby to bring hands together.

To help baby stay in this position, place a rolled blanket behind the back.



Lying on back on your lap

In this position, baby can see your face and try to look at you.

Hold baby's hands and bring them together.

Hands to mouth

Why do this?

This activity helps baby learn how to bring hands to mouth.

What do I do?

Bring baby's shoulders forward and slowly bring baby's hands to their mouth.

How do I do it?

Do this activity in any of these positions.



Lying on side on floor or bed

This position makes it easier for baby to bring their hands to their mouth by themselves.

To help baby stay in this position, place a rolled blanket behind the back.



Lying on back on your lap

In this position, baby can see your face and try to look at you.

Hold baby's hands and bring them to their mouth.



Lying on back on floor or bed

This position helps baby reach their face by themselves.

Place a rolled towel under baby's head and shoulders to support the shoulders forward.

Tummy Time

Why do this?

This activity helps strengthen baby's neck and back muscles. This gives baby a new way to look at the world. It can also help with their head shape.

What do I do?

Baby should go on their tummy to play at least 3 times a day, **when they are awake**.

Start with a few minutes at a time and gradually increase.

How do I do it?

Baby might be fussy and need your help to learn to like tummy time. Make this time as much fun as you can. Talk or sing to baby. Show brightly coloured pictures or toys to baby.

Do not leave baby alone during tummy time.

To learn more about tummy time, scan this QR code or go to patienteduc.fraserhealth.ca, and search "tummy time".



Available in other languages.



Place baby on a firm surface such as a yoga mat. You can also place baby on your chest or lap.



Roll up a small blanket or soft towel. Place the roll under baby's chest.

Eye Tracking

Why do this?

These activities help baby strengthen their eye muscles and help them practice eye movement.

What do I do?

Place baby on their back with their head in the centre or hold them facing you.

How do I do it?

Use a toy, a black and white picture, or your face.



Have your face about 8 to 12 inches in front of baby's face.

Wait for baby to look at you and make eye contact.



Slowly move your head to one side.

Give baby time to respond and follow your face.

Encourage your baby to look to both the left and right.

If you have questions, contact your physiotherapist or occupational therapist.

Physiotherapist _____ Phone: _____

Occupational therapist _____ Phone: _____

Let us know if you prefer to connect with us in your language. We can arrange for an interpreter.

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