

Activities to Help Your Baby Develop

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

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

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

Signs your baby is tiring:

- breathing too fast or too slow
- skin colour changes (blue colour around the lips or overall pale colour)
- crying or increasing fussiness

Head and hands in the middle

Why do this?

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

What do I do?

Bring your baby's hands together.

How do I do it?

Do these activities in either of these positions.



Lying on side on floor or bed

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

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



Lying on back on your lap

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

Hold your baby's hands and bring them together.

Hands to mouth

Why do this?

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

What do I do?

Bring your baby's shoulders forward and slowly bring your baby's hands to his 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 your baby to bring hands to mouth by himself.

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



Lying on back on your lap

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

Hold your baby's hands and bring them up to his mouth.



Lying on back on floor or bed

This position helps your baby reach his face by himself.

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

Tummy Time

Why do this?

This activity helps strengthen your baby's neck and back muscles.

What do I do?

Place your baby on his tummy at least 3 times a day.

Start with a few minutes at a time.

Gradually increase the time up to 10 minutes of play.

How do I do it?

Wait at least 30 minutes after your baby feeds.

Play with your baby during this time.

Use toys to keep your baby's attention.

Do not leave your baby alone during tummy time.



Place your baby on a firm surface.
You can also place your baby on your chest or lap.



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

Eye Tracking

Why do this?

These activities help your baby strengthen his eye muscles and help him practice eye movement.

What do I do?

Place your baby on his back with his head in the centred.

How do I do it?

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



Hold the object (or your face) about 8 to 12 inches in front of your baby's face.

Wait for your baby to look and focus on the object.



Slowly move the object from one side to the other.

Your baby should follow the toy when it is moved.

Encourage your baby to look both ways.

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

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