

BabyTALK Three Month Activities

I can lift my head & chest!

- Preparation

- Assessment

- Affiliation

- Observation

- Developmental Behaviors

- System of Support

- BabyTALK System of Care

- Reflection - On - Action

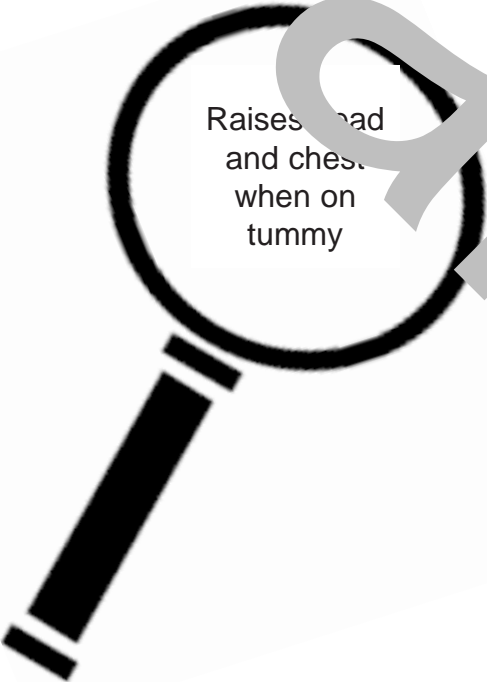
- Documentation

Purpose:

While your baby is still sleeping on her back, she needs tummy time during the day to help build her muscles. Infants are gaining control over their bodies, and with tummy time you will notice a definite improvement in her head control. Your baby will be able to raise her head to 45 degrees while on her tummy and keep it up steadily. She may also be able to lift her chest off the ground.

Let's wonder together:

- How can you tell if your baby likes or does not like tummy time?
- What point or points of the day is she usually "quiet-alert" and willing to do tummy time?
- What does she like to reach for during tummy time play?



Raises head and chest when on tummy

Activity:

- Let baby tummy time somewhere she will be comfortable and safe.
- How do you think she will react to being on her tummy given her mood right now?
 - What might you use to encourage her to lift her head and shoulders?
 - How is this the same or different from other times you have done this with her?

What do you think about this:

- How do you think her improved muscle control is helpful for her?
- In general, how do you think it has been for her doing tummy time?
- How has it been for you to take her to tummy time?
- When do you find her most happy to play like this?
- Are there some things you might try to help her if she is unhappy or struggling?

Illinois Early Learning Guidelines Standard(s):

0-9 months Physical Development and Health

Gross Motor

Lifts head while on tummy