

Awake and up activities

Tummy time

- Place infant on their tummy after each diaper change. Add a minute of tummy time each day. More than 3 times a day is ideal. Build up to 60 minutes per day total if you can.
- Get down on the floor either in front or beside your child, depending on how much support they might need, to provide comfort and interaction.
- You can use a rolled up towel under your child's chest with their arms propped in front to give support.
- Put brightly coloured toys and/or a mirror in front of the child to look at.
- You can carry your baby on their tummy over your forearm or be chest to chest with them on the couch or floor as other options for tummy time.



Car seats

- Limit time spent in car seats to time in the car only. Use baby slings and backpacks whenever possible as opposed to carrying your child in a car seat.

Swings and bouncy seats

- Limit time spent in swings and bouncy seats. If you need to put your child down, and once they have established good head control, upright positioning in exersaucers and ergonomic seats (e.g. Bumbo or Upseats) are preferred.



Place interesting toys on side you want child to turn head to

- Place interesting toys and things to look at on the side that you would like your child to turn their head to.
 - Consider which side the car seat is placed in the car, which side the child is fed when in a highchair, which side you are on while changing their diaper etc.