

# ACTIVE TOTS

## 3-6 MONTHS



LET'S  
GET  
MOVING

### TUMMY TIME



- **Roll up a towel or blanket**, place under baby's armpits – to encourage baby to lift chest and prop on forearms
- **Try rolling some toys** in front of baby
- **Get down on floor with baby and interact** – sing songs, play with toys, place a plastic mirror in front of them
- **Hold a toy to side where baby can see it** and move toy over baby's head and land on other side. Baby will follow with eyes and may roll over
- **Play aeroplanes** (when sufficient head control is established). Adult lies on back with knees bent up and baby lies with tummy on shins, facing adult.

Place colourful, noise-making toys in a circle and slightly out of reach around baby – to encourage reaching and moving and eventually to roll over.

Get down on floor with baby and interact

### DEVELOPING STRENGTH IN DIFFERENT SITTING POSITIONS

Carry baby in different positions, e.g. over shoulder, in a sling or baby pouch, with his back against your chest.

Encourage baby to sit!

- On your lap
- On the floor between legs, up against a pillow
- With cushions placed around.



# TRACKING OBJECTS

- **Demonstrate different actions to baby** and use language to describe what you and he/she is doing
- **Use simple action words:** Up, down, low, high, bounce, sway, jump, rock, over, under, tickle, roll
- **Move baby into different positions**, e.g. lie or sit on knees and bounce up and down, put baby tummy down, along your arm and swing in the air
- **Sit with baby on lap or together on a swing.** Gently rock forwards and backwards
- **Hold baby and gently sway, rock and spin** [both directions] to music
- **Massage and play with baby's feet**, clap baby's feet together; blow raspberries on baby's feet, attach bells on feet.



**Read picture books with baby** – practise pointing to objects in the pictures, repeating and demonstrating simple action words for baby.

Get down on floor with baby and interact

Clapping hands together

# SINGING ACTION SONGS AND NURSERY RHYMES

- **Sing action** songs and nursery rhymes together
- **Show the actions and encourage baby to do these with your assistance.** Involve some actions that include: clapping hands together, clapping or touching feet, crossing the midline with hands and feet.



For more information visit:  
[active-together.org/active-tots](https://active-together.org/active-tots)  
Or scan the QR code:



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