



4 PRACTICAL TIPS FOR PURPOSEFUL PLAY

0-10 month edition

**CREATE THE LEARNING
ENVIRONMENT THAT YOUR
CHILD CRAVES NATURALLY
WITHOUT THE OBSTACLES
THAT LIMIT MOBILITY**

POST THIS HANDOUT SOMEWHERE
TO REMIND YOURSELF TO PRACTICE
THESE TIPS DAILY



NUMBER ONE: FLOOR TIME!

LAY DOWN A BLANKET AND START RIGHT NOW!

ALLOW THEM TO EXPLORE THEIR SENSES, EXPERIENCE THEIR OWN BODY MOVEMENTS AND BECOME AWARE OF THEIR SURROUNDINGS.

THE FLOOR IS WHERE THE OPPORTUNITY FOR MOVEMENT IS CREATED.

THE FLOOR DOESN'T WORK?
PACK AND PLAY OR PLAY YARD

TIPS AND TRICKS:

- USE BLACK AND WHITE AND HIGH CONTRAST IMAGES TO ENGAGE
- LAY FACE TO FACE WITH YOUR BABY
- FIND AN OVERHEAD PLAY MAT, AND MOVE THE HANGING TOYS FROM OVERHEAD TO EITHER SIDE TO ENCOURAGE HEAD AND BODY MOVEMENT
- ALTERNATE LAYING ON THE BACK, ON THE SIDE AND ON THE TUMMY



NUMBER TWO: AVOID "CONTAINERS"

1. WHAT IS A CONTAINER?

ANY PIECE OF BABY EQUIPMENT THAT MAY RESTRICT
YOUR BABY'S MOVEMENT

EX: BABY SEAT, BABY SWING, JUMPERS, BOUNCERS

IF YOU HAVE TO USE IT, DO NOT ALLOW YOUR BABY TO
BE IN THE CONTAINER FOR MORE THAN 10-15 MINUTES
OR MAKE SURE TO DO TWICE THE AMOUNT OF FLOOR
TIME

THIS WILL HELP TO PREVENT HEAD SHAPE AND
POSTURAL ABNORMALITIES

IN A FIXED POSITION THEY DO NOT HAVE THE
OPPORTUNITY THEY NEED TO MOVE AND PROPERLY
DEVELOP THE STRENGTH AND MOBILITY NEEDED



NUMBER THREE: TUMMY TIME!

TUMMY TIME IS SO SO SO IMPORTANT!

TUMMY TIME HELPS TO STRENGTHEN THE HEAD, ARMS, NECK
AND TRUNK BUILDING THE STRENGTH NEEDED TO PROGRESS TO
THE NEXT DEVELOPMENTAL MILESTONES.

BEGIN RIGHT WHEN YOU GET HOME FROM THE HOSPITAL!

BEGIN ON CHEST AT AN INCLINE, THEN GRADUALLY TRANSITION
TO OVER A TOWEL AS IN THE PICTURE BELOW AND GRADUALLY
ON THE FLOOR.

HOW OFTEN:

2-3X/DAY 5-15 MINUTES

START SMALL

GRADUALLY INCREASE THE TIME ON THE FLOOR

STOP ONCE YOUR BABY BEGINS TO CRY AND TRY AGAIN NEXT

WAKE CYCLE

SEE NEXT PAGE FOR THE PROGRESSION OF TUMMY TIME

NUMBER THREE: PROGRESSION OF TUMMY TIME



0-3 months: Tummy time with head resting- lifts head for seconds at a time



3-4 months: Tummy time with elbows propped and head lifted



4+ months: Tummy time with elbows extended and hands propped

NUMBER FOUR: CHANGE UP THE POSITION

SIDELYING



SIDE SITTING



changing up the environment and position they are in, can help promote the proper strength needed to progress to the next milestone!

NUMBER FOUR: CHANGE UP THE POSITION

TALL KNEEL OR HALF KNEEL



HANDS AND KNEES





PURPOSEFUL PLAY: SIMPLE TIPS FOR EACH MILESTONE

ROLLING:

DURING DIAPER CHANGES AND WHEN WAKING UP, RATHER THAN JUST PICKING THEM UP RIGHT AWAY, ROLL THEM OVER TO THEIR TUMMY LET THEM PLAY FOR A LITTLE ON THEIR TUMMY AND THEN PICK THEM UP

SITTING:

TRY TO AVOID DIRECTLY PLACING THEM IN SITTING, RATHER, PLACE THEM ON THEIR BACK, AND HELP THEM LEARN TO SIT UP ON THEIR OWN

CRAWLING:

INSTEAD OF GOING DIRECTLY TO THEM TO PICK UP, ENCOURAGE THEM TO CRAWL TO YOU AND IF ABLE TO HELP THEM PULL UP TO STAND AND THEN PICK THEM UP.



THIS MONTH'S CHALLENGE: MAKE AN EFFORT TO USE THESE TIPS IN YOUR EVERYDAY PLAY!

IF IT HELPS, HANG THIS FLYER ON YOUR
FRIDGE TO REMIND YOU DAILY TO DO
THESE FOUR THINGS WITH YOUR BABY.

WE WANT TO CREATE OPPORTUNITY FOR
THEM TO DEVELOP THE PROPER
MOVEMENT AND STRENGTH TO
PROGRESS TO THE NEXT MILESTONES
AND GIVE THEM THE NATURAL
ENVIRONMENT THAT THEIR BODY
CRAVES!



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