



Family Literacy Week

Let's Be Active! Move • Play • Learn

Babies (up to 1 year old)

Tummy Time

Babies' neck, back and arm muscles get stronger when babies lay on their tummies.

Talking with babies helps them learn to listen and understand that words have meaning.

What you can do:

- Choose a book. Talk to baby about what you are doing and seeing in the book as you read.
- Enjoy a picture book with few words with baby. Lie on your tummies while you read.
- Point to pictures while you read to encourage baby to reach for the book.



Other ideas to try:

- Place toys beside or in front of baby to encourage reaching out.
- Hold baby under the armpits. Gently raise baby from sitting to standing on your lap, hold for a short time and return to sitting.

Active play every day!

Aim to have baby physically active several times a day, particularly through interactive floor-based play.

How does it look?

- **Infants or toddlers:** reaching for a toy, rolling over, sitting up and crawling or walking