

Tummy Time with Contrasting Cards

Age: Infants (0-8 months)

This activity helps your child's development in this domain: Physical, Language and Literacy

What You Need:



- Soft blanket or towel
- White colored card stock or construction paper
- Black marker
- Scissors (for adult use only)

What To Do:

1. Take a card stock paper and fold it into fourths by folding it in half and then folding it in half once more. Cut along the lines to create four cards.
2. Using the black marker, draw simple shapes or thick lines to create a design. Create a different design on each card. Make the designs simple but large enough to fill the whole card.
3. Place your baby on a soft blanket or towel for tummy time and place the card on the floor near her line of vision. Watch her gaze at the card, talk about the designs, and change the cards as she starts to lose interest.
4. For a different experience, add a rolled up towel under your infant's torso so she is inclined. Be sure your baby's neck muscles are strong enough to do this activity. Place the cards against the wall and draw her interest by encouraging her to gaze at each card.



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