

Developmental Activities for Infants 4-6 months



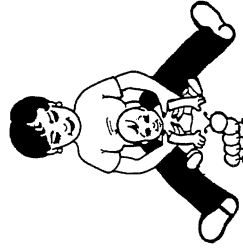
Supine (back lying) promotes:

- reaching for thighs (4 months), knees (5 months), toes (6 months)
- visual focus for social interaction
- “talking” to each other
- positive touch



Supported prone (tummy time) encourages:

- working toward getting on hands & knees in preparation for crawling
 - strengthening of neck, back, arms & legs
- *can begin working on tummy time 2 weeks after chest closure**



Supported sitting encourages:

- reaching & grasping
- weight bearing on hands
- head & neck control