

Developmental Program for Infants 0-2 months

TUMMY TIME

While your baby is awake, it is important for him to be on his tummy. This position helps strengthen the neck, shoulders, trunk and hips. This will also prepare him for crawling activities.

1)



2)



3)



can place baby in positions 2) & 3) two weeks after chest closure

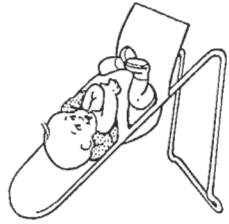
SIDELYING



Place baby in side-lying with something to support her back with head and trunk in a straight line. Encourage reaching by placing a toy in front of her. Make sure to place her on both sides.

This is a good position to work on your baby's visual skills. Have him look at your face and then move to encourage him to track your face.

SUPPORTED UPRIGHT



Placing baby in a semi-upright position fosters lung development, visual skills and hand-eye coordination skills.

VISUAL SKILLS

