

CONNECT TO THE CLASSROOM

Engage Infants in Tummy Time

During the infant 1 video, the teacher is providing an opportunity for infants to enjoy outside time while placed on their tummies. Teachers can encourage and make tummy time interesting by sitting next to a baby and describing what is around them or by narrating what the baby is doing. The teacher in the video engages the babies by:

- Talking about what the baby is doing and how the baby might feel
- Labeling and describing the grass and allowing the baby to touch it

Practice applying ways to express the key strategies demonstrated in this interaction on your own:

- Provide interesting things for children to engage with while on their tummies
- Describe what is available and happening around them
- Encourage babies to stay engaged with their surroundings during this time

When you are finished, reflect on the following questions.

1

What activity did you use to engage the baby during tummy time?

2

How did the baby respond?
What specifically did they do?

3

What was challenging?
What were roadblocks to making this time enjoyable for the infant?

4

What else could you do next time to encourage tummy time?

