

Theme: Tummy Time with Infants

Date: October 18, 2021

Hello StrongStart families,

Just a reminder that **all schools will be closed Friday October 22 for a District Pro-D Day.**

Around 3-4 months, babies will start to do some tummy time. Tummy time is an exercise that strengthens a baby's neck, shoulder and core muscles. For some babies, tummy time is a struggle. Here are few ideas to motivate your babies to stay in tummy time a little longer! **Note: Please make sure your baby is supervised during these activities.**



Ziploc Painting



- Cut a piece of paper to fit inside a Ziplock bag. Add dots of paints and seal it up. Tape the bag to the floor to prevent it from sliding around.
- For younger babies, you can prop them up on a nursing pillow or a tightly rolled towel/blanket.

Sensory Bags (source: <https://lovevery.com/community/blog/child-development/endless-fun-with-a-sensory-bag/>)



- Sensory bags are good for children of all ages. Infants can use them too as they are a great source of motivation because of their colours, texture and even sound.
- You can fill a Ziploc bag with water and pompoms or foam shapes. You can also fill it with beans or buttons! You can fill it with common household items like old keys or stale pasta.
- Tape the bag on to the ground to prevent it from sliding around.
- The movement of items inside the bag encourages the baby to lift their arms and use their hands for manipulation.

Faces and Mirrors



- Babies love faces! You can settle the baby in front of a mirror so they can see their own face. Or, you can get low on the ground and let them see yours!
- Talk to your baby and encourage them with funny noises and faces 😊

Songs and Fingerplay

- When you are on the ground with your baby, singing helps motivate them! You can use props like scarves or bells to distract them. Here are a few songs you can try with your babies!

Popcorn Kernels (to the tune "Frere Jacques" or "Are You Sleeping?")

Popcorn kernels, popcorn kernels (hold scarf in hands).

In a pot, in a pot.

Shake them, shake them, shake them.

Shake them, shake them, shake them.

Till they pop (throw scarf in air), *till they pop* (throw scarf in air).

Where is Baby? (to the tune "Frere Jacques" or "Are You Sleeping"?)

Where is baby? Where is baby? (Hold scarf in front of your face)

There he/she is, there he/she is. (Remove scarf quickly)

I'm so glad to see you, I'm so glad to see you.

Peek-a-boo!

Peek-a-boo!

There's a Scarf on My Head (to the tune "If You're Happy and You Know It")

There's a scarf on my head, on my head.

There's a scarf on my head, on my head.

There's a scarf on my head, there's a scarf on my head,

There's a scarf on my head, on my head.

**Repeat with other body parts like back, hands and feet.*

To wrap up this email, here's an idea to repurpose those diaper wipe lids you have! You can make a sensory board by gathering various materials of different textures (e.g., sandpaper, carpet sample, a fuzzy old sweater). Babies can practice their fine motor by opening the lids and experience new textures!

