Do Tummy Time
Give your infant regular “tummy time.” When they lift their head to look around, they strengthen the upper body and prepare muscles to crawl. They also get a new view of their surroundings!

Practice Reaching
Hold a toy over your infant’s head, or put one on the floor just beyond their reach. This will encourage your infant to reach and build coordination.

Play Peek-A-Boo
This game teaches infants that objects (and people) exist even when hidden. It’s also a fun way to bond with your child.

Give Things to Handle
Provide objects of different colors, shapes, and textures to play with. Handling objects helps with hand-eye coordination and motor skills. Use everyday objects. You don’t need fancy toys to keep your baby’s attention!

Support Discovery
Your infant discovers how the world works by experimenting. They also learn through repetition, so they might drop a spoon over and over to see what happens. Watch and assist!

Play Search and Find
Put an object under a bucket or blanket and see if your child can find it.

Let Them Move Around
Let your child explore their surroundings by reaching, rolling, scooting, and crawling. This is good for coordination. It also strengthens their “mind’s eye” as they see things from new angles and sense where they are in space. Just make sure they are safe!