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## Playtime ideas for your 0-4 month old

Make the most of your time at home with your kids with these five tummy-time moves to get your newborn active and help you bond with each other.

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## Playtime ideas for your 0-4 month old

**Make the most of your time at home with your kids with these five tummy-time moves to get your newborn active and help you bond with each other.**

Monday, May 11th, 2020

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Your baby is never too young to play! Tummy time can start from the moment you bring your little one home from the hospital, and is a great daytime activity. Making sure your baby is active is important for his health, not only now but later in life too. Tummy time is a big part of that, as it helps develop important muscles and motor skills that he'll need to use when he gets bigger and starts doing things like crawling and rolling over. Plus, it's a lovely way to spend time with your new baby while you're bonding at home together!

## **Newborn tummy time**

There are no strict rules as to when you should do it, just whenever your baby is happy to play along is



### **1. Tummy-to-tummy**

While lying on your back, either on the floor or on the bed, place your baby on your stomach or chest, while holding him firmly, for some cuddly face-to-face tummy time.



## 2. Eye-to-eye

Place your baby on the floor, either on his playmat or a clean blanket or towel, then lie down at his level, to



## 3. Tummy-to-lap

Lie your baby across your lap on his tummy, making sure to keep a hand on his back or bottom to keep him steady. Great for tummy time, and a helpful soothing or burping method.



#### 4. Super baby

Celebrate the mini hero your baby is! While standing upright, put one hand under your baby's chest and



#### 5. All change!

Whenever you change your baby, try placing him on his tummy for a couple of minutes afterwards. (Never leave him on the changing table alone, of course).

Need baby and toddler activities for a different age? Get more ideas of what to do with your little ones during your time at home [here](#) [7].

#### Sources

<https://healthychildren.org/English/ages-stages/baby/sleep/Pages/The-Importance-of-Tummy-Time.aspx> [8]

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[http://pathways.org/wp-content/uploads/2014/09/tummytimebrochure\\_english.pdf](http://pathways.org/wp-content/uploads/2014/09/tummytimebrochure_english.pdf) [10] (Accessed December 29 2016)

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[3] <https://twitter.com/share?text=Playtime%20ideas%20for%20your%200-4%20month%20old&url=https%3A//www.babyandme.nestle.info/time-at-home-baby-activities-0-4-month-old>

[4] <https://www.facebook.com/sharer/sharer.php?u=https://www.babyandme.nestle.info/time-at-home-baby-activities-0-4-month-old>

[4] <https://www.facebook.com/sharer/sharer.php?u=https://www.babyandme.nestle.info/time-at-home-baby-activities-0-4-month-old>

[5] <https://api.whatsapp.com/send?text=https://www.babyandme.nestle.info/time-at-home-baby-activities-0-4-month-old&title=Playtime ideas for your 0-4 month old>

[6] <https://www.babyandme.nestle.info/printpdf/681933>

[7] <https://www.babyandme.nestle.info/0-4-months/article>

[8] <https://healthychildren.org/English/ages-stages/baby/sleep/Pages/The-Importance-of-Tummy-Time.aspx>

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[10] [http://pathways.org/wp-content/uploads/2014/09/tummytimebrochure\\_english.pdf](http://pathways.org/wp-content/uploads/2014/09/tummytimebrochure_english.pdf)

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