

Daily Infant Activities

BICYCLE LEGS

Lay baby on their back and pump their legs. You can encourage them to stretch their legs by tickling their thighs.

ARM CIRCLES

Gently stretch baby's arms in a circular motion, forwards and backwards.

GUPPIE POSE

With baby on their back, place your hands behind each shoulder with your first three fingers on either side of their spine. Gently lift to give them a slight arch in their upper back for a great stretch!

EYE TRACKING

Hold a high contrast image (black & white is best) in front of baby, about 8 inches from their face. Once it has their attention, slowly move the image back and forth to see if they follow.

SIDE LAYING

Roll baby onto their side to strengthen their oblique muscles. You can prop them with a pillow or rolled towel behind their back and place a high contrast image in front of them to hold their attention.

TUMMY TIME

Start with baby on their back and use their hips to guide them to roll over. Ice on their tummy, untuck their arms and encourage them to lift their head.

