Tummy time and sensory play ideas

For educators and families of babies and young toddlers

Tummy time

Only when the baby is awake, on a firm flat surface, with an adult watching.

- Lie down face to face with the baby and talk or sing.
- Lie the baby across your lap or on your chest for short goes.
- Stand a high-contrast card or the fold-out strip in front of them.
- Put an unbreakable mirror at their eye level.
- Place a soft toy just out of reach to look at and reach for.
- Little and often: a few minutes at a time, several times a day.

Sensory play

Check every material for allergies, choking risks and temperature first.

- Water play in a shallow tray, with an adult beside every baby.
- Scrunch, tear and wave tissue paper or cellophane.
- Bubbles to watch and reach for (blown by an adult).
- A sensory walk: grass, sand, carpet and a towel under bare feet.
- Play with chilled and room-temperature cloths: talk about cold and warm.
- Music and movement: rock, sway and pat to a rhythm.

Watch the baby's cues: stop when they turn away, fuss, yawn or tire, and try again later. Follow your setting's safe sleep and supervision policies.