

Tummy Time Shuffle

Suitable from 3 months onwards this game promotes the use of the muscles needed for crawling.



- 1 Place your baby on her tummy on the floor and lie down with her.
- 2 Put something interesting in front of her, such as a favourite toy, and place it just out of her reach.
- 3 As your baby reaches forward for the toy, move it slightly out of her reach.
- 4 Give her a chance to retrieve her toy and praise her once she reaches it.