

Dr. Brita's Favorite Play Positions by Age

	0-2 months	3-4 months	5-6 months
<h2>Tummy Time</h2> 	<p>Tips: Start by laying baby on your chest or across your lap.</p> <ul style="list-style-type: none"> Newborns like close proximity to caregivers <p>Use black and white cards to get their attention – encouraging head movement and assisting with visual and cognitive development.</p>	<p>Tips: Prioritize tummy time down on the floor</p> <p>Use a mirror and lift toys up higher to encourage baby to lift their head up more.</p>	<p>Tips: Focus on movement – Roll baby in and out of tummy time and put toys just out of reach to encourage grabbing.</p>
	<p>Results: Your child will be just beginning to lift their head a little bit.</p>	<p>Results: Your baby will be lifting their head to 90 degrees and starting to push up with their arms.</p>	<p>Results: Your baby will begin shifting their weight onto one arm so they can reach to grab or knock over toys like stacking cups.</p>
<h2>Sidelying Play</h2> 	<p>Tips: Lay baby on their side in your lap or on the floor.</p>	<p>Tips: Do it on the floor with a mirror or other toy for baby to look at.</p> <p>Give them a toy to manipulate with both hands and even bring to their mouth.</p>	<p>Tips: Use sidelying as a short stopping point while practicing rolling in and out of tummy time.</p>
	<p>Results: Your baby will mostly just rest in the position but may also begin to discover their hands and bring them together.</p>	<p>Results: Your baby will become more active in the position. Maybe even trying to lift their head up a little off the ground.</p>	<p>Results: Baby has more control in the position and can get in and out of it on their own while they roll.</p>
<h2>Playing on Their Back</h2> 	<p>Tips: Lay baby on their back on the floor. Use black and white images to gain their visual attention then move it slowly in an arc from side to side while baby follows it with their head.</p>	<p>Tips: Hang or hold toys above baby in their line of sight and encourage them to bat at or reach for them. Interacting with toys in this way helps build their desire to learn about the world around them.</p> <p>Show them how to hold a toy with both hands, this helps them discover how to keep their head and hands in the middle (or midline) of their body.</p>	<p>Tips: Bring awareness to baby's feet by showing them how to kick their legs up.</p> <p>Show them how they can begin to grab at their feet with their hands.</p>
	<p>Results: Your child is gaining head control (the first foundational movement needed for all of the other milestones down the road!)</p>	<p>Results: Baby learns to reach and grasp toys so they can begin to manipulate rattles and teethers and use their hands and arms more.</p>	<p>Results: Your child will gain core strength that will allow them to grab their toes and use that motion to initiate rolling from their back to their belly.</p>
<h2>Upright Play</h2> 	<p>Tips: Sit with your knees bent and feet supported while baby lays in your lap facing you in a semi-upright position. Talk or sing to them.</p> <p>Hold them up at your shoulder while you walk around so they can practice holding their head up.</p>	<p>Tips: Once your baby has good head control you can fully support them in a sitting position in your lap or on the floor.</p> <p>Start by holding baby under their armpits for support. As they get stronger you can move your support down closer to their hips.</p>	<p>Tips: Show baby how they can begin supporting themselves in sitting by putting their hands down on the floor in front of them to hold themselves up.</p>
	<p>Results: Baby begins to learn to hold their head steady when in a more upright position.</p>	<p>Results: Your baby will be able to hold their head and upper body steady while you're supporting them.</p>	<p>Results: Your baby is now beginning to sit independently in a position called propped sitting (or tripod sit).</p>