



# journey of movement

Aim for 30 minutes of tummy time a day

# newborn baby



## Help me to...

### ...control my head.

Support my head and neck when holding me.

### ...grasp objects.

Have the items within reach.

## From 3 months, help me to...

### ...wiggle and roll over.

Give me space and encouragement.

### ...sit up.

Hold my hands and pull me to sitting.



## I love it when you...

...make funny faces, sing or talk to me.

...play games like 'Peek-A-Boo'.

...move and dance with me.

...take me to visit and play with other families.



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