



## Laying On His Back

- This position helps your baby learn to hold their head up straight and then turn from side to side to watch things move around them.
- Babies can see black and white pictures up to 8-10 inches in front of them.
- By 3  $\frac{1}{2}$  months from his due date, your baby should be reaching to touch toys hanging above them.

## Laying On Her Side



- Babies love holding their hands together and bringing them to their mouths. This is most easily done when laying on their side.
- Adding a soft toy to your baby's hands develops early awareness of different textures.
- In this position it is easy for your baby to accidentally roll from her side to her tummy or back. This helps to prepare her for rolling later.



## Early Infant Stimulation for Premature Babies (0-4 months)

Information For Caregivers

Remember...spending time in a variety of positions is key for every baby's development!

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## Positions for Play

- Babies should play in a variety of positions.
- All positions are helpful in developing their motor, social and thinking skills.

## Development For Premature Babies

- The development of preterm babies may occur at different rates than that of full term babies.
- Healthy preterm babies may get tired more quickly than full term babies. As a result, play sessions may need to be shorter in duration and done more frequently throughout the day.

### Baby in Your Arms

- This position helps your baby focus on your face.
- If you move from side to side she will turn her head and follow you.
- This also helps bring her hands together by keeping her shoulders rounded forward.
- This is a nice position for social interaction with you - smiles and coos for everyone!



### Tummy Time

- Increasing the amount of floor time as your baby ages helps him learn to hold his head upright.
- Until your baby's due date, tummy time on your chest when you are lying flat is fine.
- Increase tummy time by placing your baby on his tummy for 1 minute after every diaper change. Also offer tummy time for up to 5 minutes 2-3 times during the day.
- Tummy time also helps strengthen his shoulders and arms - needed for reaching, grasping and crawling.



At term, a baby can lift his head just enough to turn it from side to side.



A 2 month old baby can lift his head and chest enough to look around at his play area.