



## Physical Health, Well-Being, and Movement Skills Activity for Birth to 6 Months

### Floor Time

*Placing babies on the floor offers opportunities to stretch, look around, and practice movements such as rolling, reaching, wiggling, and scooting. Use a textured quilt to encourage the babies to use fingers in exploration and as a "sensory" activity.*

#### Materials:

- A soft blanket or beach towel
- Textured quilt

#### What to do:

1. Place the baby on her back on a soft blanket or towel on the floor to give her a chance to look at new things.
2. Change her position or the position of the blanket or towel after a few minutes.
3. Notice what catches the baby's interest. If she looks at something, talk about it. "Do you see the fan? I'll turn it on. It spins. Do you feel the cool air?"
4. Wiggle your hand to get the baby's attention.
5. Slowly "walk" your fingers up and around her leg.
6. End the "walk" with a gentle tickle or a soft poke on her tummy.

#### Variations:

- A. Sit on the floor and hold your baby upright on your lap. Talk about things that you both see. "Are you looking at the plant on the table? The plant is green."
- B. Place the child on a textured quilt, tummy down (only do this with a baby who can comfortably hold her head up when placed on her stomach).

***Safety alert! Don't use any blanket or quilt that has items sewn on like buttons or jingle bells that may work loose and cause choking. Materials should be washable.***

