

June 2024 | Prevention Initiative

From The Director

Tummy Time

Tummy Time refers to putting your infant on their tummy when they are awake, alert and someone is watching them.

Benefits:

- Strengthens neck, shoulders, and arms of the infant.
- Improved muscle controls.
- Prevents flat areas on the back of the infant's head.

Tummy Time Tips:

- Start with short intervals like 3-5 minutes daily. Then as your infant gets older, you can try longer sessions.
- Spread out a blanket on the floor.
- Provide a few toys within the infant's reach. Use toys such as rattles, mirrors and teethers. Show the infant how to the rattle makes noise. Show the infant who is in the mirror. Allow the infant to explore.
- Make sure you are interacting with the infant.
- Tummy Time is a time for bonding and interaction. Never leave your child alone during tummy time.

Benefits of Tummy Time | Safe to Sleep® (nih.gov)

Events

Family Fun Festival

Thank you to all of the families who joined us at the Family Fun Festival on Saturday, June 8!

It was great to spend the day outside and share family activities, lunch, ice cream and popsicle treats, and resources from local community organizations.

Positive Parenting

In the first years, babies are learning to focus their vision, reach out, explore and learn about the world around them.
Here are some tips you can do with your parents.

- Talk to your baby. They like your calming voice.
- Answer your baby when they make a noise.
- Read to your baby. Provide them with board books. They are sturdy.
- Play with your baby when they are alert and awake.

Positive Parenting Tips: Infants (0–1 years) | Child Development | CDC

Contact us

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