



# MOOMIN WORDS - TUMMY TIME

by Tove Jansson



This gorgeous fold-out book is perfect for tummy time.



Stand the book up on the floor and share the pictures together.



## What is tummy time?

It is giving your baby a small amount of time lying on their tummy while they are awake. It lets them explore the different ways they can move their head, arms, legs and neck. This will help develop and strengthen their muscles.

**Remember - babies should only ever be placed on their tummies when they are awake and you are with them.**

For information visit:

<https://www.smallstepsbigchanges.org.uk/tummy-time>

## Tummy time tips:

- At first put your baby lying on your chest rather than on the floor.
- Your baby will love your voice and face so lie near them to chat and smile.
- Encourage more movement by putting toys in front and to the side of your baby so they start to stretch, turn and reach out.
- Keep these activities short and your baby will soon start to enjoy tummy time.



## Head, Shoulders, Knees and Toes.



*Head, shoulders, knees and toes,  
knees and toes.*

*Head, shoulders, knees and toes,  
knees and toes.*

*And eyes and ears and mouth and nose.*

*Head, shoulders, knees and toes,  
knees and toes.*



<https://www.bbc.co.uk/cbeebies/watch/the-baby-club-head-shoulders-knees-and-toes>

Sing quietly while your baby is lying on your chest. Gently touch their head, shoulders, knees and toes as you sing the words.