

Infant Tummy Time, Rolling and Crawling Checklist

Dates

Activities	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Tummy Time:																															
Lie on Back; infant on																															
tummy																														<u></u>	
Dance while																													i l	l	
supporting tummy																													igsquare		
Lie on Back; infant on																														İ	
legs																													—		
Read a book																													igsquare		
Massage after a bath																													igsquare		
Roll a ball in front																														ļ	
Blow bubbles																														ļ	
																														<u> </u>	
Rolling:																														İ	
Raised leg and semi-																															
circles																														<u> </u>	
Raised leg and place																													i l	l	
for roll-over																													$\vdash \vdash \vdash$		
Incline and Roll																													igsquare		
Rock and Roll																													igwdot		
																														ļ	
Crawling:																														<u></u>	
Crawl with Me																														<u> </u>	
Toys out of Reach																															
Up and down Incline																													LT		
Chase																															
Crawl under and																															
through objects																													į .	<u> </u>	

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<u>Activities</u>	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Opportunity to Explore																															
Environment																															
Reduced Confinement																															
(seaters, swings, etc.)																															

Comments:	

- This form is to help us see what activities are working within the centres, so please check the date that you tried one of the activities or included an activity that meets the physical guidelines for your age group.
- If your centre is only open once, twice or three times a week then highlight those days so we know and check the days you've tried a new activity.
- Thank you for your time and comments, this will help us to develop and evolve this program.