

Touch-and-Tell Tummy Time

Inspired by: Textured Path Walls + Soft Stuff Furnishings

Recommended Age: 0–6 months

How this supports your child’s development:

- **Sensory Exploration** (experiencing a variety of tactile inputs — soft, rough, crinkly)
- **Gross Motor** (holding head up, pushing up during tummy time)
- **Language Development** (hearing descriptive words like “soft,” “bumpy,” “scratchy”)
- **Cognitive** (noticing patterns and contrasts)

At-Home Setup & Instructions:

Create a soft “texture trail” for tummy time by laying out a row of household materials with different feels: a folded towel, crinkly tissue paper, fuzzy sock, silicone potholder, etc. Lay baby on their tummy across the trail so they can reach and touch each surface as they lift and turn their head.

Parent Tip:

Describe what baby is touching: “That’s soft... ooh, this one crinkles!” Your voice helps associate texture with words while keeping baby engaged. For added fun, add high-contrast patterns under their chest or hands.