

## Early Learning Tip December

School District 60 wants you to know...

You are your child's first and best teacher. You can help your child grow strong roots for learning both in and out of school.

### Tip - Tummy Time



- **take** your child out of their car seat when you are not traveling
- **limit** the amount of time your child spends in a stroller
- **hold** your child on your lap
- **give** your child tummy time

Why? Holding your child and giving tummy time will help build strong core muscles and develop your child's brain. Holding their head up and moving their bodies are essential activities for development.

To find out more information go to:

[www.familyfriendlycommunity.ca](http://www.familyfriendlycommunity.ca) or [www.earlylearning.prn.bc.ca](http://www.earlylearning.prn.bc.ca)