

Tummy Time, Growth Spurts & Early Routines

Building the foundations for movement, feeding, and sleep.

Tummy Time & Development

- Short tummy time sessions daily (start with a few minutes, build up)
- Supervised floor time on a firm, flat surface
- Watch for baby lifting head and pushing up on arms
- Gentle interaction — talking, singing, and eye contact

Feeding & Growth Spurts

- Expect frequent feeding increases during growth spurts (common around 3 weeks, 6 weeks, 3 months)
- Track wet/dirty diapers as a feeding indicator
- Burping technique practiced after each feed
- Follow up on weight gain at scheduled pediatrician visits

Early Routines

- Simple bedtime routine started (bath, feed, swaddle, sleep)
- Daytime and nighttime beginning to differentiate
- Babywearing or stroller routine for outings
- Vaccination schedule reviewed with your pediatrician

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This checklist is general guidance only and does not replace advice from your pediatrician or healthcare provider. Always consult a doctor for concerns specific to your baby.