

Tips for Tummy Time



Tummy time is good for me because...

- *My neck, shoulder, arm and back muscles will get stronger. I use these muscles to move around*
- *I can see the world from different angles, which helps my brain to develop*
- *It also prevents me from developing a flat spot on the head*



As soon as I am born...

- *Start supervised tummy time when I am awake, not too tired or hungry*
- *Offer supervised tummy time frequently during the day when I am awake*
- *Place me on my back for sleep (supine)*

At the beginning I may be...

- *Unsettled*
- *Just able to stay on my tummy for a minute or two during playtime*

EASY START

Carry me over your...



Shoulder



Arm



Chest



Lap

I also enjoy other tummy positions.....



Bath time



Exercise Ball



Change table

Tips for Tummy Time



When I am 2-3 months I can...

- *Stay on my tummy for 10-15 minutes*
- *Lift my head up and look around*



KEY STRATEGIES

To ensure a fun and successful tummy playtime:

- *Choose a comfortable time when your baby is awake, e.g. after a nappy change, bath or sleep*
- *Try a variety of tummy positions*
- *Interact with your baby, e.g. talking, singing, playing with musical toys or textured toys*



Never leave your baby alone or unsupervised during tummy time

KEY POINTS TO REMEMBER

- *Tummy time helps to strengthen baby's neck, shoulder and back muscles*
- *Tummy time helps to protect baby's head shape*
- *It is recommended you start tummy time from birth and practice regularly*
- *It is normal for babies to find tummy time difficult to begin with. Use a variety of different positions and tips listed to help them enjoy it more and get better at it*
- *Babies with large heads or those who were born early often find tummy time a little more difficult and may need more time to improve at it- practice makes perfect!*
- *You must always supervise your baby when they are on their tummy and during any tummy time positions*