

# 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