

TUMMY TIME

- Tummy Time should begin as soon as your baby comes home from the hospital.
- Tummy Time is essential for infants' core, motor, and sensory development and achievement of milestones.
 - Helps improve neck and head control, and strengthens back, shoulder muscles, and core
 - Prevents flat spots on baby's head
 - Promotes motor and sensory development

MAKE TUMMY TIME FUN TIME!!!

Back to Sleep, Tummy to Play

- Sing songs to baby to calm and soothe
- Play peek-a-boo using a blanket or your hands
- Use rattles or other toys that make noise to encourage visual tracking
- Use a mirror—babies love faces
- Practice Tummy Time at baby's happiest time
- Don't get discouraged. Every bit of Tummy Time makes a difference!

TUMMY TIME

Activities to strengthen your baby

Birth to 3 Months

Focus on getting baby used to Tummy Time. Start with a few minutes, a few times a day until it becomes part of baby's daily routine.

Lap Soothe

Lie baby face down across your lap when holding or burping. Place a hand on baby's bottom to help calm them.



Eye Level Smile

Encourage eye contact by getting down at baby's level. A blanket can be rolled up and placed under baby's chest for support.



Tummy to Tummy

Place baby on your chest or tummy so that baby is face to face with you. Lay down flat or propped up on pillows. Always hold firmly for safety



Tummy Down Carry

Slide one hand between baby's legs and stomach. Use other hand to support baby's head and neck. Nestle baby close to you for comfort and support.



3 Months

Work on getting a total of an hour of Tummy Time daily.

Tummy Minute

Practice Tummy Time in small time increments:
Use toys to encourage head turning and visual tracking.
Practice after diapering or bathing so it becomes routine.



6 Months

Baby's neck and trunk strength continue to develop through regular Tummy Time.

Baby Push Ups

Place hands under baby's chest and tummy. Use gentle lifting cues to get baby to push up on hands for brief periods.



Reach 'n Roll Play

Encourage baby to practice rolling and moving while on their tummy: Use toys to motivate baby to reach and rotate on their tummy to get the toys.