

Tummy Time With Your Baby

What is tummy time?

- Tummy time is when your baby plays on his or her tummy.
- When awake, your baby needs to have tummy time. Do tummy time every day, starting when your baby is a newborn.



Figure 1

What are the benefits of tummy time?

- When your baby has tummy time, it:
 - helps make the neck, arm, and body muscles stronger
 - can help your baby practice the movements needed to roll, sit, and crawl
 - lets your baby look around and see more things
 - can decrease the risk of developing flat spots on the head (e.g., plagiocephaly)
 - might help your baby to roll, sit, crawl, and pull up to standing earlier



Figure 2

Tips for Tummy Time

- During tummy time:
 - keep your baby company
 - do face to face interactions
 - have your baby lay on your belly (see Figure 2)
 - play games (e.g., peek-a-boo, make funny faces)
- Do activities to entertain your baby during tummy time like:
 - blow bubbles (see Figure 3)
 - play with different toys or mirrors
 - read a book to your baby
- Support your baby with a rolled up towel, blanket, or cushion under the chest (see Figure 4).
- Don't do tummy time when your baby is hungry, tired, or upset.
- Start with lots of short periods of tummy time at first and slowly increase the time.
- Anyone can do tummy time with your baby including:
 - friends
 - siblings
 - relatives
 - caregivers



Figure 3

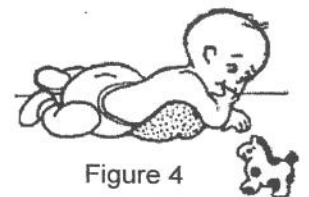


Figure 4

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