

Why Tummy Time?

HELP BABIES BUILD THE MUSCLES AND STRENGTH NEEDED FOR SITTING UP, ROLLING OVER, CRAWLING AND WALKING.

Make tummy time fun by sitting on the floor and encouraging baby to play. Begin tummy time by placing the baby belly-down across your lap for a few minutes at a time. Transition baby to the floor by rolling up a small blanket and placing it under the chest and upper arms for added support. When baby is comfortable with this position spread out a blanket in an open area and place age-appropriate toys within reach. Keep it interesting by lying down and making eye contact, smiling and talking with baby.

For younger babies start out with three to five minutes of tummy time, two to three times per day. As the baby gets used to tummy time extend the periods of time to help increase their strength. As baby learns to make their body do new things, baby will feel a sense of accomplishment that will give him the confidence to try new skills.

Allowing a baby to spend time on their stomach helps to prevent the development of flat spots on the back of the head. The best time for tummy time is right after a nap or a diaper change when baby is alert and relaxed.



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