



## Tummy Time Tips

### Why is Tummy Time important?

- Develops neck and back muscles as well as typical curves of the spine
- Increases shoulder and arm strength and stability
- Increases core strength and stability
- Allows infants to learn head control
- Helps develop depth perception
- Keeps pressure off of your baby's head
- Allows baby to explore their environment including different textures and sensory experiences
- Helps develop hand eye coordination
- Develops overall foundation for all movement

### When should we do Tummy Time?

- Tummy Time should be started as soon as baby comes home from the hospital
- It should be completed for short periods of time routinely throughout the day
- Try a couple minutes after every diaper change or bath so baby expects it
- By 3 months baby should be spending 1 hour total in Tummy Time throughout the day
- Try to avoid Tummy Time for 30 minutes after baby eats

### Tummy Time positions to try:

#### Chest to chest lying down



#### Chest to chest propped up



#### Football or forward carry





Boppy under tummy



Floor with elbows under shoulders



Boppy with elbows under shoulders



Tummy on ball with chest elevated



Over a rolled blanket



Tummy on ball



\*If you don't have a therapy ball at home a large beach ball or playground ball will work too



### Over parent's lap



### Over parent's legs on the floor



### Airplane play on parent's legs



### More tips:

- Try doing Tummy Time on an elevated surface so you can be face to face with baby
  - Bonus: this helps develop coordinated eye movements and increases bonding
- Use a mirror in front of baby for improved and active participation



- Use high contrast cards or visually stimulating toys in front of baby



- If baby isn't tolerating Tummy Time well, try elevating them slightly
  - This will make it easier!
- Try completing with bare feet for increased sensory experiences for baby and to allow progress toward crawling as baby grows