

# Tummy Time Tips and Tools

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Tummy Time is good for your baby!

- ❖ Start with 5 minutes of **tummy time** three to four times a day.
- ❖ Slowly work up to 20 minutes three to four times a day.
- ❖ Be patient. They need to develop strength to lift their head and play.
- ❖ Place their favorite toy within reach and play some favorite music.
- ❖ Place a mirror in front of them.
- ❖ Get down on the floor with them, sing and talk with them face to face.
- ❖ Put baby on your chest while you are reclined in a chair or lying down so they may see your face.

Remember:

- ❖ Never leave the baby alone during **tummy time**.
- ❖ Wait 20 minutes after feeding before having **tummy time**.
- ❖ If they fall asleep during **tummy time**, put them on their back to sleep.
- ❖ **Tummy time** prevents tight muscles.
- ❖ It decreases the chance for flat spots on your baby's head.
- ❖ **Tummy time** strengthens the back, neck and arm muscles.

Whenever possible:

- ❖ Limit their time in car seats, bouncies, swings, and strollers.
- ❖ Give babies as much floor time as possible.
- ❖ Spend time bonding with your infant during **tummy time**.