

Tummy Time!

The Magic of TUMMY TIME!!

Before You Start:

- Baby awake and alert
- Use a firm surface
- Baby should be supervised at all times

BRAIN

- Sensory integration
- Cognitive development
- Environmental awareness

HEAD

- Prevents flat head syndrome (plagiocephaly)

NECK

- Strengthens neck muscles
- Improves head control

EYES

- Visual motor development
- Depth perception

BACK

- Posture strength
- Back strength
- Skeletal alignment

ARMS

- Strengthens arms for reaching and crawling

LEGS

- Helps develop muscles for crawling

HIPS

- Stretches/develops hips muscles

TUMMY

- Helps with tummy issues (gas, constipation)

HANDS

- Formation of hand arches for fine motor skills

Include in Daily Activities:

- Towel drying after bath
- After diaper changes
- Burping over parent's lap
- On parent's chest
- Lotions/Massage
- Playing "airplane"
- Mirror play

Let's Get Started.....

Positioning your baby:

In response to “Back Sleep”, many babies are now spending more time on their backs. Placing babies on their backs when they sleep is important as it helps decrease the rate of Sudden Infant Death Syndrome (SIDS).

Tummy Time Is:

- Any time babies are awake and supervised
- Anytime babies spend playing, being carried or are positioned on their tummies
- Something babies of all ages can benefit from
- An important part of a baby’s daily routine
- FUN and can help parents and their baby bond



Benefit of Tummy Time:

- Helps babies develop head control
- Allows babies to strengthen their upper body muscles (arms and shoulders)
- Helps babies learn how to roll, sit, crawl, and pull up into standing sooner.
- Encourages babies to reach for objects which helps to develop hand-eye coordination
- Provides visual stimulation. Babies who lay on their backs tend to look at the ceiling, whereas when babies are on their tummies they can look at the world around them
- Reduces the risk of positional plagiocephaly (flattened areas on the baby’s head)

For babies who dislike Tummy Time, lie down on your back and place your baby on your chest. This will allow your baby to look up at you. Place your baby on their tummy for a few minutes after each diaper change. Add on a few minutes of tummy time each day by laying down in front of your baby so that they can look at you.

General Tips for Tummy Time:

- Put me on a firmly padded surface when I am awake and you are watching me
- Work on tummy time when I am happy, energetic and alert
- Move me to other positions to play, and then return back to tummy time while you play with me.

Activities and Suggestions:

- Tummy-Down carry: Slide one hand under your babies tummy and between baby’s legs when carrying your baby tummy down
- Lap-Soothe: Place baby face-down across your lap to burp or soothe him.
- Eye-Level Smile: Try lying on the floor with your baby. Roll up a towel or small blanket and place under baby’s upper chest for support. Sing, smile, and laugh with your baby. (Remember you are their favorite toy!)
- Tummy play: Place a bright colored toy or mirror in front of your baby. For older babies, toys placed just outside of their reach will encourage movement, and promote crawling.

I Need Time to Practice:

(Start by giving your baby just a couple of minutes of tummy time. Do this two or three times a day, and gradually build up the amount of tummy time. The Canadian Paediatric Society recommends three to four tummy time sessions a day for **10 - 15 minutes each time.**)

- I need lots of time on the floor to learn how to hold my head up, use my arms and legs, and start to move
- I will learn how to pivot, roll and crawl
- I need help to sit, and with practice will be able to do it on my own!
- I enjoy standing and bouncing on you!
- I like using toys and equipment to engage me. But only for a short time so I can get back to learning to move on my own

Changing My Position Is Important:

- It helps me develop new motor skills and explore
- You can play with me in different ways to help me get strong
- Simply just have fun with me!



I Can Get Tired Easily! So Change It Up Please!

- Try not to leave me in one position for too long
- Try moving with me when I am awake, alert, and have digested my food
- I do better working for short periods many times throughout the day
- I like to switch activities so I don't get bored of what I'm doing

(Switching it up allows you to see what I can do in many different positions)

When Working On New Motor Skills:

- Help me first, then guide me, and encourage me to do it on my own
- Add lots of hugs and laughter to make it fun!
- Distract me from this hard work by singing to me
- Promote me to move by using my favorite toys
- Bright and noisy toys are the best to use!!!



(Being with me when I try new things is important because you can show me how to move, share in my new experience, and have fun with me!)

(See attached sheet for Tummy time ideas/photos)

Tummy Time: Ways to Play





Child Development Centre
Centre de développement de l'enfant
