

Supervised daily Tummy Time is important for your baby's overall motor development as this will help to:

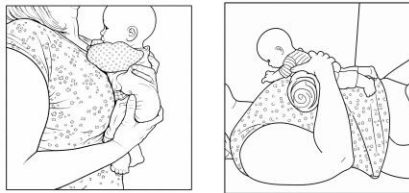
- Develop control of their head
- Strengthen the muscles in their upper body and tummy
- Prevent or limit the progression of baby flathead
- Develop other motor skills, such as rolling, sitting, crawling, etc.

Babies should play on their tummy **several times a day**. By 3 months of age, babies should be encouraged to play on their tummies for a least 30 minutes spread throughout the day while awake. The following tips will help to increase your baby's tolerance to Tummy Time:

- Encourage Tummy Time after naps when baby is rested, alert and ready to play.
- Try shorter periods of time more often and allow your baby to take breaks as needed.
- Have fun with your baby! Talk or sing to them, use a variety of toys that they enjoy. Some babies enjoy watching their reflection in a mirror.
- Babies love being close to their caregivers.

Here are some ways you can play with your baby on their tummy:

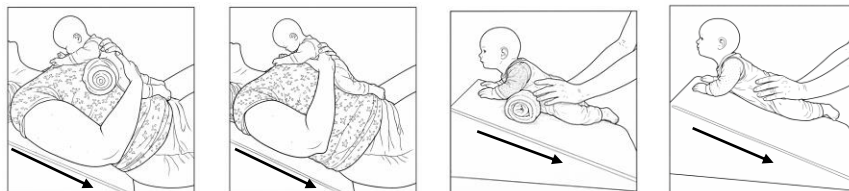
- Tummy Time on your chest. Make sure to tuck their arms in close to body



- Tummy Time while carrying your baby



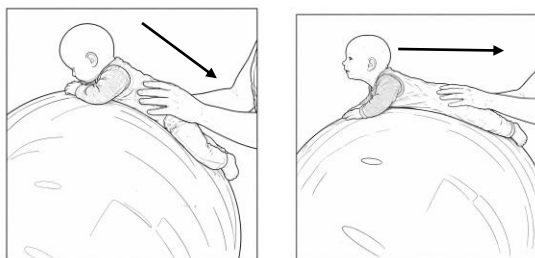
- To make it easier, try Tummy Time on an incline or try placing a small rolled towel under baby's chest/armpits



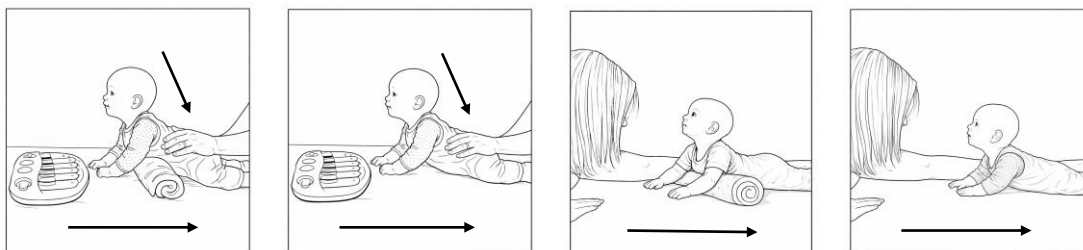
- Tummy Time over your lap



- Tummy Time on a therapy ball. Start with baby inclined with their bottom lower than their chest. Progress so that their body is in a flat position.



- As they improve, progress Tummy Time to a firm, flat surface. This is more difficult than when their body is inclined.
- Try applying a downward pressure at their bum towards their feet to make it easier.
- Get down on the floor and face your baby during Tummy Time. Babies love face-to-face interactions.



Have fun while playing with your baby throughout the day! If you have any questions, please consult your Health Care Professional.