tummy time

Why supervised tummy playtime is important for babies
Tummy time is good for me because...

- my neck, shoulder, arm and back muscles will get stronger. I use these muscles to move around
- I can see the world from different angles, which helps my brain to develop
- it also prevents me from developing a flat spot on the head

As soon as I am born...

- start supervised tummy playtime when I am awake and not too tired
- put me to sleep on my back (supine)
- offer supervised tummy play when I am awake at least 3 times a day

At the beginning I may be...

- unsettled
- just able to stay on my tummy for a minute or two during playtime

don’t give up trying

I will get better if I practise a few times a day
easy start

Carry me over your...

**ARM**

**SHOULDER**

**CHEST**

**LAP**

**REMEMBER:** Parents and carers are often very tired and can fall asleep easily during the day. Make sure I am in a safe place before any of us fall asleep.
Tummy play on the floor

• I like to play on a comfortable firm mattress or bunny rug
• a rolled towel or nappy under my armpit and chest will give me more support (please remove rolls before you put me to sleep on my back)
• I can lift up my head more easily if I’m propped on my elbows
• never leave me alone or unsupervised on my tummy, as it is dangerous if I fall asleep or get my airways covered.

Don’t leave me alone! I love to watch your face, so get down on my level, talk and sing to me or get a toy and play with me.
I also enjoy other tummy positions

When I am 2-3 months I can...

- stay on my tummy for 10-15 minutes
- lift my head up and look around
- remember tummy time should always be supervised
Key strategies

To ensure a fun and successful tummy playtime:

• choose a comfortable time when your baby is awake, e.g. after a nappy change, bath or sleep
• try a variety of tummy positions
• interact with your baby, e.g. talking, singing, playing with musical toys or textured toys
• never leave your baby alone or unsupervised during tummy time

Remember:

Back to sleep

Tummy to play

Sit up to watch the world