

NEWBORN CARE

TUMMY TIME

What is Tummy Time?

Tummy time is time that your baby spends on her tummy. This time helps your baby develop strong muscles. It prepares babies for the time when they will be able to slide on their bellies and crawl.

Beginning on your first day from the hospital, put your baby on his tummy 2 to 3 times a day for a short period of time – about 3 to 5 minutes.

Some babies may not like the tummy time position at first. You will find that she begins to enjoy it. Increase the amount of time as she shows she enjoys the activity.

While your baby is on his tummy, play with him:

- Place a toy just out of reach during playtime to get him to reach for you or the toy.
- Place toys in a circle around the baby. Reaching to different parts of the circle will allow him to develop more muscles to roll over, scoot on his belly and crawl.
- Lie on your back and place the baby on your chest. The baby will lift her head and use her arms to try and see your face.
- Get older siblings involved! While being watched by an adult, have a young child play with the baby while on his tummy.

