

Let your child explore...

Have Fun, Connect and Wonder, Pause and Wait

I need Tummy Time

Tummy time is a really important part of my daily routine.

It helps my muscles get strong and motor skills get better

Start early and be consistent....

I will learn to love Tummy Time!

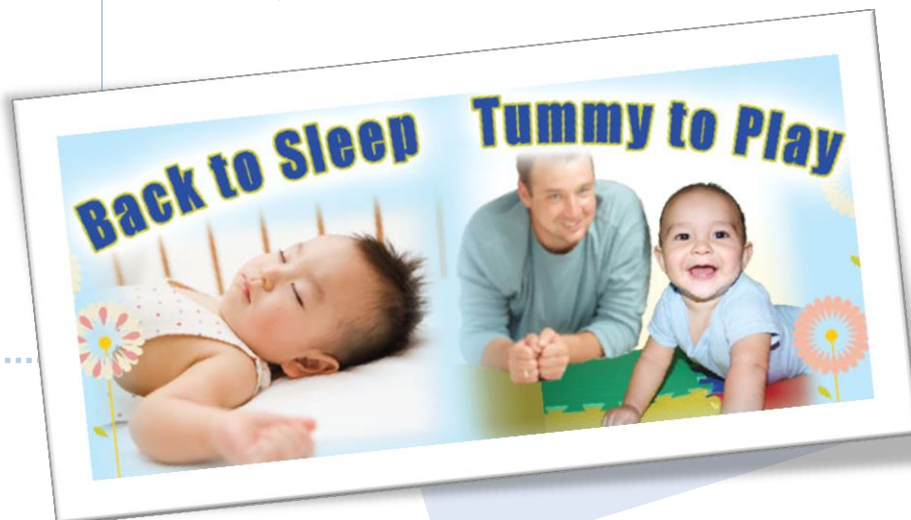


Tummy Time...

- Should start when I am young!
- Strengthens my neck, back and arm muscles
- Prevents me from getting a flat head
- Helps me learn to roll, sit, crawl and pull to standing sooner
- Strengthen my arms so I can reach for and hold toys
- It helps me develop hand-eye coordination

General tips for Tummy Time:

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



Activities and Suggestions...

- **Tummy-Down Carry**
 - Slide one hand under your baby's tummy and between baby's legs when carrying your baby tummy down. Cuddle your baby close to your body.
- **Lap Soothe**
 - Place your baby face-down across your lap to burp or soothe him. A hand on your baby's bottom will help steady and calm him.
- **Tummy Minute**
 - Place baby on his tummy for one or two minutes every time you do a diaper change.
 - Start with a few minutes of tummy time and try to work up to an hour throughout the day.
- **Tummy to Tummy**
 - Lay down on your back and place your baby on your chest. This will allow your baby to be face to face with you.
- **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 coloured toy or a mirror in front of your baby while your baby is on his tummy. For older babies, toys placed just out of reach will encourage movement.

