



Back to Sleep; Tummy to Play

Tummy time is for babies who are awake and being watched. Your baby needs this to develop strong muscles. This helps baby develop skills such as rolling, sitting, crawling and pulling to stand. Too much time on baby's back can give your baby a flat head.



It's never too early. Have your baby spend some awake time on tummy, even as a newborn.

Hold your baby. Lie on your back and hold your baby on your chest, facing you.



Keep it short at first.

Start out a few minutes at a time, several times a day. Increase the time as your baby gets used to it and begins to like it.

Play with your baby! Join your baby on a firm surface, such as a bed or a blanket on the floor. Talk to your baby, make silly faces, sing silly songs, and cuddle up next to her so she can rest against you.



Give your baby a mirror, a rattle, or your face to study. This will make tummy time more fun and give your baby something to look at.