

Tummy Time

What is Tummy Time?

Tummy Time is the time your baby spends lying on their front whilst both **awake** and **supervised**.



FOR SLEEP Both during the day and at night, always put your baby on their back to reduce the chance of Sudden Infant Death Syndrome (SIDS).

When can babies start Tummy Time?

Tummy Time can be encouraged from birth. It can be achieved by laying your baby on your chest or lap, when you are awake and fully alert, moving on to laying them on the floor. Your baby's arms should be placed upwards as in the picture.

What are the benefits of Tummy Time?

Tummy Time is important as it helps your baby build the muscles they need for rolling, sitting and crawling.

Tummy Time tips

- Your baby must be **awake, alert, and supervised** at all times.
- Initially encourage daily for short periods.
- Gradually increase the amount of Tummy Time.
- When your baby is ready for Tummy Time on the floor, place some toys nearby for them to look at. Later this will encourage them to begin to reach out.
- Interacting with your baby, singing and talking may be helpful.

References

<https://www.nhs.uk/conditions/pregnancy-and-baby/keeping-kids-active/>

www.gov.im/media/955859/physical-activity-for-better-health.pdf

Image courtesy of www.unsplash.com