



## What's tummy time? Think of it as baby's first workout!

### What is tummy time?

Tummy time is placing your baby on their stomach to play. Practicing tummy time helps babies develop the muscles necessary to lift their heads and, eventually, to sit up, crawl and walk. Your baby should always be awake during tummy time and under your careful watch.



### How long should my baby do tummy time each day?

In the beginning, new born tummy time should consist of two to three 3-minute sessions daily. By about 4 months, your baby should be able to lift their chest off the floor and lean on their elbows with their head upright. They may even be able to lift their arms off the floor, arch their back, and kick their feet.



**Always supervise your baby whilst they are having tummy time.**

### Ways to boost tummy time:

- Get down on the floor with your baby, face-to-face or side-by-side.
- Place an unbreakable mirror in front of your baby so they are able to see their own fascinating face. Vary the position, from in front of your baby to either side.
- Place some toys around your little one in a circle so they will be tempted to reach for them, which helps develop all of the different muscles necessary to eventually sit up, crawl and walk.
- Place your baby on your own tummy while you lie on your back



Babies will often complain about being placed on their tummy, but if you maintain a consistent schedule, it will become a part of their daily routine.