



Tummy Time Fact Sheet



Make Tummy Time *Safe* and *Fun*



Tummy time can be anytime you carry, position or play with an infant while they are on their tummy.

Social-Emotional

- Infants unaccustomed to tummy time may cry at first, but you can help them by getting on the floor, talking to, and playing with them.
- Start with short periods of time (3-5 minutes) 2 to 3 times a day gradually increasing the amount of time. Tummy time shouldn't be stressful for the infant or for you.
- Tummy time provides many sensory opportunities. Have fun!

Safety

- Direct supervision at all times!
- Place the infant on a safe surface such as a lightweight blanket on the floor. Do not use a sheepskin type blanket or pillow.
- Do not put the infant on an elevated surface for tummy time.
- If infant falls asleep IMMEDIATELY move them to an appropriate sleeping environment such as a crib.

Adult Responsibilities

- Provide the opportunity for tummy time.
- Put the infant on their tummy (while awake) several, short periods of time daily.
- Provide direct supervision. Always be in the same room, making eye contact, interacting with the infant.
- Give the infant something to do. Place toys, a mirror, or other object in front of the infant.

Physical Development

- Tummy time is a great way for infants to develop all their muscles.
- Tummy time is important for overall development.
- Tummy time promotes healthy brain development.
- Tummy time helps prevent flat spots (positional plagiocephaly) on the infant's head.