



# Tummy Time



## Make Tummy Time Safe and Fun

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

### Adult Responsibilities

- Provide the opportunity for tummy time while the infant is awake.
- Place the infant on his/her tummy several, short periods of time throughout the day.
- Provide direct supervision. Always be in the same area, make eye-contact and interact with the infant.
- Give the infant something to reach for by placing toys and other objects in front of, and around, the infant.
- Give the infant something to look at such as an infant mirror or book.

### Social-Emotional

- An infant who is not used to tummy time may cry at first, but you can help by getting on the floor, playing and talking.
- 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

- Always actively supervise!
- The infant should be placed on a safe surface such as a lightweight blanket on the floor. **NEVER USE any type of PILLOW!**
- DO NOT place the infant on an elevated surface for tummy time.
- If the infant falls asleep, IMMEDIATELY move him/her to a crib placed on his/her back.

### Physical Development

- Tummy time is important for healthy brain and physical development.
- Tummy time is great way for infants to develop strong muscles.
- Tummy time prepares babies for being able to slide on their bellies and crawl.
- Tummy time helps prevent flat spots (positional plagiocephaly) on the infant's head.
- Infants should not be seated in infant equipment (e.g.: bouncers, highchairs, etc.) for more than 15 minutes at a time, except during meals.