



Tummy Time Advice

Tummy Time is SO important for development and parents can start practicing day one! Here are some tips and tricks from our pediatric specialists to help set your baby up for success!

Positioning

- Position is the first key to success with Tummy Time. How your baby is positioned determines how much of their own strength they need to use and which muscle groups are able to help. There are 3 key elements in positioning: 1) Gravity, 2) Arm position, 3) External support.
 - 1) Gravity is pulling your baby's head down, but they want to lift up and see the world!
 - a) Gravity is strongest when you are moving perpendicular to its force
 - i) Therefore, lying flat on the floor and lifting your head is the *hardest* for your child
 - ii) If your baby struggles when lying flat, try placing them on an incline, i.e. lying on your chest while you recline (A) or with their top half raised on a pillow (B)
 - 2) Arm position is important in modifying how much neck strength your baby needs to lift their head
 - a) Being supported by their forearms allows them to use shoulder strength and neck strength making lifting the head easier as all the muscles are working together
 - 3) External support can make Tummy Time easier
 - a) A pillow, towel, your arm, or your leg under your baby's chest help lift them up without having to use as much of their own arm strength (C, D, E)
 - b) If using a roll or towel, be sure the support is under their armpits to allow the arms to help a little (D)

Activity and Toy Suggestions

- Tummy Time face-to-face on chest singing and talking with your baby (C, F)
- Books or toys with black and white pictures/patterns (especially for newborns) or bright colors
- Toys that make different sounds like rattles, crinkle toys, bells, and squeakers
- Mirrors! (G) Babies love to look at themselves in the mirror. You can also put your phone on the front-facing camera mode if you do not have a mirror handy.
- Balls and toys that can be rolled around

Expert Tips

- Babies LOVE faces and voices, especially their parents'...Get on your baby's level during Tummy Time! (H)
- Many babies prefer to be carried, but you can still do tummy time in this position too! (I) This is also a good technique when your baby is upset.
- Roll your baby from their back into tummy time slowly. Sometimes, if a baby thinks they got themselves into a position themselves, they are more likely to enjoy it! (J)
- Make tummy time fun for both of you! Try playing airplane (K) or doing baby and me yoga (L)



A



B



C



D



E



F



G



H



I



J



K



L