



# Tummy Time

Virtual Parenting Hub - Online advice, support, and guidance empowering parents to work through challenges and find solutions.



## **Tummy Time**

It may feel awkward initially placing your baby on their tummy and your baby may cry, it is important to keep trying and persisting to help strengthen their muscles and prevent a flat spot on their head.

## What is tummy time?

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- Tummy time is when you place your baby on their tummy with their weight on their forearms.
- Tummy time strengthens neck, shoulder and back muscles so they can learn to roll. Sit and crawl.
- Babies spend a lot of time on their back, tummy time takes some pressure of the back of their head to help prevent flat spots.
- Start tummy time from birth, three times per day, starting with 1-2 minutes and building up to 10-15 minutes by 4 months of age.

## How to do tummy time

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- Place a mat on the floor and get down on the floor with your baby.
- Newborn babies can move their head by themselves but do not have a lot of control, you may need to help your baby move their head to each side.
- For older babies place some toys on the floor in front of your baby and move them from side to side encouraging your baby to move their head both ways.
- Turn the pages in a book and read to your baby or use a rattle.



# Making tummy time fun and safe

- Be present with your baby, let them know that you are there by being at their level.
- Read, sing, play music, play with toys, talk to them.
- Try tummy time on a rolled-up towel, over your lap or on a large physio ball.
- Tummy time works better when your baby is not tired or just had a feed.
- Always supervise your baby when on their tummy.
- NEVER leave your baby unattended when on their tummy.
- Back to sleep and tummy to play.



# References

1. [rch.org.au](http://rch.org.au)
2. [raisingchildren.net.au](http://raisingchildren.net.au)