

Tummy Time Activities

HOME CARE INSTRUCTIONS

Why is tummy time so important?

Babies spend a good part of their early lives sleeping on their backs, which is the best position recommended by the American Association of Pediatrics. However, lack of tummy time has some negative consequences as well. Lack of tummy time can affect how long it takes your infant to learn to lift his head, turn over and even learn to sit up and crawl.

While on his belly, your baby has to work extra hard to hold his head up against gravity, it is strenuous. The following photos illustrate simple and fun ways to begin tummy time with your newborn as soon as you come home from the hospital.



When your baby reaches close to two months of age, you can try varying the tummy time game by using a blanket or towel roll on the floor. Gym balls are a fun and comfortable alternative.



Have fun with your baby, keep the tummy play sessions short and very frequent. Several minutes each session, three to five times a day is a good minimum guideline. Your baby will let you know if she is tired or unhappy.

Never leave your infant unattended on her belly. And, of course, always put her to sleep on her back.

By four to five months of age, your baby should be strong enough to push up on her elbows and hands by herself.