

Tummy Time

Tummy time helps build your baby's head, neck and upper body strength for when it is older. While asleep your baby will spend a lot of time on their back with its head in one position.

By encouraging your baby to have Tummy Time, you are helping it to develop their muscles and prepare for the early stages of movement.

To promote Tummy Time, follow these simple tips:

- Start early. Place your newborn belly-down on your chest or across your lap for a few minutes so your baby gets accustomed to the position.
- Think comfort. Lay your baby down on a flat, clean surface, such as a blanket or play mat on the floor.
- Face your baby, to help promote looking up and making eye contact.
- Give your baby a simple toy or book to play with while they are having Tummy Time.
- Get others in on the act.

Start off small and read your baby's cues. Your baby can build up to 10-15 minutes of Tummy Time a day.



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