IS YOUR BABY READY™...



for Tummy Time


Tummy time is one of the most important things you can do to help your baby grow strong and meet early milestones. It helps:

- Build neck, shoulder, arm, and core strength
- Prevent flat spots on the back of the head (plagiocephaly)
- Support visual and sensory development
- Prepare for rolling, crawling, and sitting

1-WHEN TO BEGIN

1. Start Day One!
2. You can begin tummy time as soon as you get home from the hospital. Short, supervised sessions—even just a minute or two at first—make a difference. Build up gradually as baby grows stronger.

2. HOW MUCH TUMMY TIME DO BABIES NEED?

1. **Newborn (0–2 weeks):** 1–2 minutes, 2–3 times per day
2. **By 1 month:** Work up to 10–15 minutes a day
3. **By 3 months:** Aim for 60–90 total minutes per day, broken into shorter chunks

3. TIPS TO MAKE TUMMY TIME EASIER

1. Start Small. Lay baby on your chest while reclined. Talk, sing, and make eye contact.
2. Make it Fun. Use toys, mirrors, high-contrast cards, and your voice to keep baby engaged.
3. **Stay Close.** Always supervise tummy time—your presence provides comfort and motivation.
4. **Try the Lap or Blanket.** Use a soft blanket or lay baby across your lap for a gentler angle.
5. **Be Consistent.** Little bits throughout the day add up! Routine builds comfort and strength.

4. WHAT IF MY BABY HATES TUMMY TIME?

You're not alone!
It doesn't mean you should stop trying!

- Lifting baby slightly with a small rolled towel under the chest
- Doing tummy time right after diaper changes or naps (when baby is calm)
- Getting face-to-face on the floor—your encouragement matters!

If your baby continues to strongly resist tummy time after a few weeks, or if you notice flattening of the head or poor head control, talk with your pediatrician or a pediatric PT/OT for personalized support.

Tummy Time Is Foundational

Think of tummy time as the first "workout" your baby ever does—it builds the muscles and skills that will support rolling, crawling, sitting, and even talking and eating!

🧠🦵🤍 **You've got this—and we've got your back™.** 🧠🦵🤍