

# Tummy Time

## An Important Part of Baby's Daily Routine

### Positioning your baby

In response to the “Back to Sleep” Program, many babies are now spending more time on their backs. Placing babies on their backs when they sleep is important as it helps decrease the rate of Sudden Infant Death Syndrome (SIDS).



However, when babies are awake they should not always be on their backs. To help promote healthy growth and development, babies need time in various positions including tummy time.

Babies who are three months old should be getting close to an hour of tummy time (in total) per day.

### Tummy Time is...

- ✓ any time babies are **awake and supervised**
- ✓ any time babies spend playing, being carried or are positioned on their tummies
- ✓ something babies of all ages can benefit from
- ✓ an important part of a baby's daily routine
- ✓ FUN and can help parents and their baby bond

### Benefits of Tummy Time

- ✓ Helps babies develop head control
- ✓ Allows babies to strengthen their upper body muscles (arms and shoulders)
- ✓ Helps babies learn how to roll, sit, crawl, and pull up into standing sooner
- ✓ Encourages babies to reach for objects, which helps to develop hand-eye coordination
- ✓ Provides visual stimulation by encouraging babies to look at the world around them
- ✓ Reduces the risk of developing flattened areas on a baby's head (positional plagiocephaly or brachycephaly) and tightness in the neck (torticollis)



## For Babies Who Dislike Tummy Time...

- ✓ Lie down on your back and place your baby on your chest. This will allow your baby to look up at you.
- ✓ Place your baby on their tummy for a few minutes after each diaper change. Add a few minutes of tummy time every day.
- ✓ Lie down in front of your baby, so they can look at you or use bright interactive toys. Make it a fun and positive experience.



- ✓ Place a towel roll under your baby's arms and chest to provide extra support.
- ✓ Try the airplane position or laying them across your lap on an angle.



## Remember:

### Tummy to Play



### Back to Sleep



If you think you need intervention, you can contact our intake team to make a referral for Physiotherapy.

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