

For babies who dislike Tummy Time (continued)

Babies enjoy having things to look at. Place brightly colored toys or interactive blankets in front of your baby while they are on their tummy.



Place a towel roll under your baby's arms and chest to provide extra support.



Remember:

Tummy to play



Back to sleep



Beyond  disability

Client and Family Information

Tummy Time

An important part of a baby's daily routine



To make a referral for physiotherapy:

Please call TVCC's Central Intake at:

519-685-8716



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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.

Tummy Time is...

- any time babies are **awake and supervised**
- anytime 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. Babies who lay on their backs tend to look at the ceiling, whereas when babies on their tummies they can look at the world around them.
- Reduces the risk of positional plagiocephaly (flattened areas on a baby's head).



For babies who dislike Tummy Time

Lay 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.

Lay down in front of your baby, so they can look at you.



Visit www.pathways.org for more Tummy Time ideas.