

I also enjoy other tummy positions



When I am 2-3 months I can...

stay on my tummy for 10-15 minutes

lift my head up and look around

remember tummy time should always be supervised

Key strategies

To ensure a fun and successful tummy playtime:

- choose a comfortable time when your baby is awake, e.g. after a nappy change, bath or sleep
- try a variety of tummy positions
- interact with your baby, e.g. talking, singing, playing with musical toys or textured toys
- never leave your baby alone or unsupervised during tummy time

Remember:

Back to sleep

Tummy to play

Sit up to watch the world

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**tummy
time** Why supervised tummy playtime is important for babies



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Tummy time is good for me because...

- my neck, shoulder, arm and back muscles will get stronger. I use these muscles to move around
- I can see the world from different angles, which helps my brain to develop
- it also prevents me from developing a flat spot on the head

As soon as I am born...

- start supervised tummy playtime when I am awake and not too tired
- put me to sleep on my back (supine)
- offer supervised tummy play when I am awake at least 3 times a day

At the beginning I may be...

- unsettled
- just able to stay on my tummy for a minute or two during playtime

don't give up trying

I will get better if I practise a few times a day



easy start

Carry me over your...

ARM



SHOULDER



CHEST



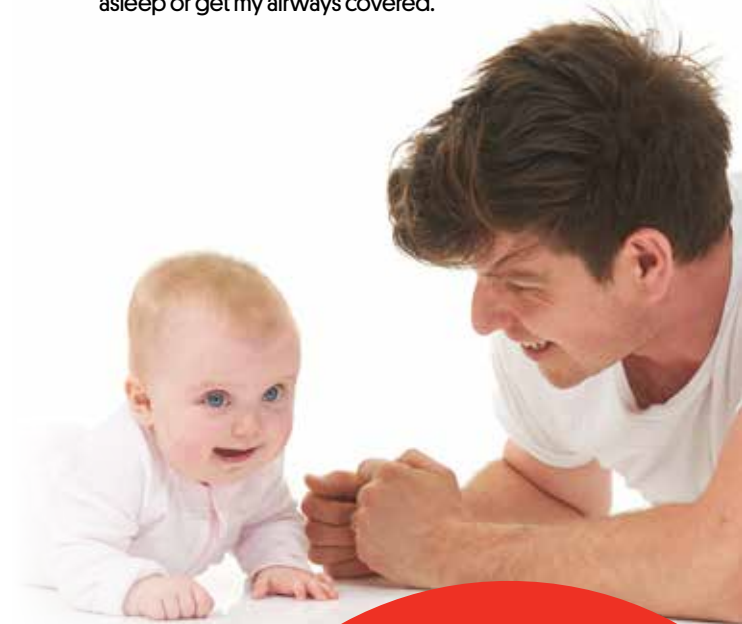
LAP



REMEMBER: Parents and carers are often very tired and can fall asleep easily during the day. Make sure I am in a safe place before any of us fall asleep.

Tummy play on the floor

- I like to play on a comfortable firm mattress or bunny rug
- a rolled towel or nappy under my armpit and chest will give me more support (please remove rolls before you put me to sleep on my back)
- I can lift up my head more easily if I'm propped on my elbows
- never leave me alone or unsupervised on my tummy, as it is dangerous if I fall asleep or get my airways covered.



Don't leave me alone! I love to watch your face, so get down on my level, talk and sing to me or get a toy and play with me.