



TUMMY TIME

WHAT ARE THE BENEFITS?

Tummy time strengthens your baby's head, neck and upper back muscles. It helps your baby develop their co-ordination skills and build the strength that will allow them to roll over, crawl, reach and play.

WHEN DO I START TUMMY TIME?

You can start tummy time from the day you bring your bundle of joy home. Make sure baby is awake and alert during tummy time and under constant supervision.

WHERE SHALL I DO TUMMY TIME?

Set up a soft play space on a firm flat surface, a soft blanket or play mat laid on the floor is fine. You can also do tummy time by lying your baby face down across your stomach chest or even your lap.

HOW LONG DOES TUMMY TIME LAST?

We say a little goes a long way and can differ depending on the age of your infant. For a newborn, 2 - 3 sessions a day for 3 - 5 minutes is perfect. Babies that are 3 months + can spend 20 - 30 minutes a day doing tummy time.

WHEN DO I STOP TUMMY TIME?

You can continue to do tummy time until your baby can roll over on their own. Many babies can accomplish this by about 6-7 months. Please remember that no two babies are the same and will learn/develop at different paces.