



Tummy Time Tip Sheet For Your Baby

Birth—2 Months

This is a great time for you to get to know your baby and to see how your baby grows and develops. To help your baby grow and develop strong muscles it is important for them to spend time on their tummy. Sometimes, babies fuss or don't like being placed on their tummy. Begin with just a few minutes throughout the day when your baby is rested. Make it fun, join your baby on the floor and make eye contact.

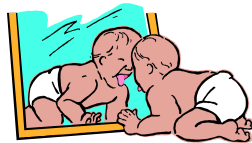


Your newborn baby should spend half of their waking time on their tummy.

Remember Back to Sleep...Tummy Time to Play

How I grow

- I can turn my head side to side when lying on my tummy.
- I can lift my head briefly when I am on my tummy or when you hold me against your chest.
- I react to sudden movement or noises.
- I have a good hard suck.
- I can follow objects and focus from 10 inches away.
- I can smile socially at you.
- I start making sounds such as cooing.



Things to do with me

- Place me on your chest when you are in a reclined position. I will lift my head and look at you, and socialize.
- Place me on a colorful blanket or towel with different textures and toys so I can feel them.
- I get bored staying in one place so change my position every 20 minutes. I like looking at different things.
- Encourage me to use my hands for mouthing and holding.
- Hold me high enough on your shoulder so I can look around and see other people.



I need tummy time, gentle touching, holding, and eye contact, just as I need food to grow and develop.

Please don't leave me in baby carriers, swings and infant seats while I am awake.

Clinton County Tummy Time Task Force

Clinton County Health Department
133 Margaret Street
Plattsburgh, NY 12901
Phone: 518-565-4798
www.clintonhealth.org