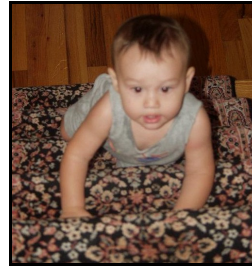
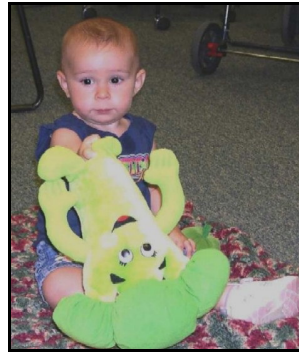


Fun Tummy Time for Baby



*Remember
Back to Sleep and Tummy Time to Play*



Tummy Time An Important Part of Your Baby's Development



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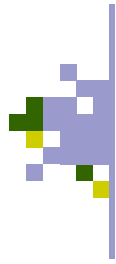


what matters.™

Clinton & Essex Counties

Clinton County Tummy Time Task Force

A group of education and health professionals united to improve our children's health and well-being



Back to Sleep and Tummy Time to Play

Remember, always place babies on their ***back to sleep***. However, when babies are awake, provide ***tummy time to play!***

- Tummy and floor time allows babies to develop head control and upper body strength needed to crawl and do other important developmental activities.
- It is important to place your newborn on the tummy several times a day. As your baby grows and gets stronger, increase tummy time.
- Sometimes, babies fuss or don't like being placed on their tummy. Try just a few minutes frequently when your baby is rested. Make it fun, try getting on the floor and make eye contact.
- Your baby should spend half of their awake time on their tummy.



Why Tummy Time?

- **Stronger Babies**

Babies who spend time playing on their tummies become stronger in their neck and arms at an earlier age. Neck strength is needed for head control to progress to eating solid foods.

- **Crawling, Scooting, Hand Use**

By spending time on their tummies, babies learn to move from side to side, which helps them to reach and crawl. It also helps develop and refine their sense of touch.

- **Balance and Coordination**

Tummy and floor time helps develop balance and coordination which are the foundations for motor skills like crawling and walking.



- **Eye-Hand Coordination**

Tummy time helps promote vision and eye-hand coordination due to easy access of the hands to face and mouth.

- **Calming**

Nestling into a tummy lying position can be comforting and calming to a fussy baby.

- **Confidence and independence**

Babies are motivated to explore their world as they find they can control their mobility.

Tummy Time Tips

- Lie on your back and place your baby on your stomach facing you. Talk and sing to them.
- Place a rolled blanket or towel under your baby's chest. This raises your baby up making it easier for them to raise and turn their head.
- Alternate your baby's position on the changing table and crib.
- Lay on the floor facing your baby. Babies love to look at your face and hear your voice.
- Place objects in front of your baby that encourage them to reach out and creep/crawl towards the object.
- Encourage siblings to play on the floor and interact with baby. Babies love other babies and children.



Remember, never leave your baby alone.