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

Adapted from: *Tummy Time with Your Baby*, Pediatric Physical Services, Blank Children’s Hospital Iowa Health System

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.