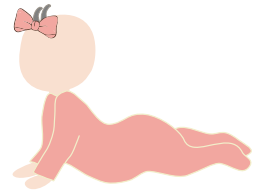


# Tummy Time Guide

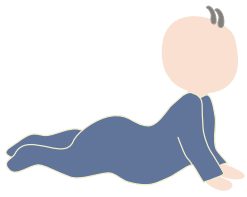


Tummy time has become an obligation for parents since the American Academy of Pediatrics (AAP) began its “Back-to-Sleep” campaign in 1994, which encouraged parents to place babies only on their backs to sleep. Routine tummy time is an important activity to combat the symptoms that result from sleeping on their backs.

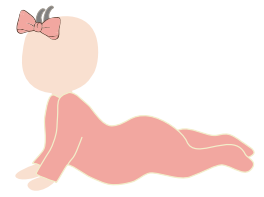
## BENEFITS OF TUMMY TIME

- Aids digestion: Putting your baby on their tummy can help with gas and keep their digestion smooth.
- Boosts sensory development: Tummy time lets babies touch different surfaces, which is good for their senses and overall sensory growth
- Strengthens bonding and interaction: Tummy time is a chance for caregivers to engage with their baby, talk, and play, strengthening the connection between them.
- Prepares for rolling, crawling, and sitting: Spending time on their tummy helps babies develop the strength and coordination needed for these movements.
- Improves body awareness and balance: Tummy time helps babies become more aware of their body and improves their balance as they learn to shift their weight and control their head and limbs.
- Strengthens neck, shoulder, and back muscles: This helps with holding the head up, rolling over, crawling, and eventually walking.
- Prevents flat head syndrome: Tummy time reduces the risk of a baby's head flattening in one spot.
- Develops motor skills: It encourages reaching for toys, pushing up on arms, and eventually rolling over, promoting gross motor skills and coordination.





# Tummy Time Guide



## BENEFITS OF TUMMY TIME (CONTINUED)

- Enhances visual development: Being on their tummy allows babies to see things from a different perspective, improving visual skills like tracking and depth perception.
- Boosts cognitive development: Tummy time provides stimulation for cognitive development as babies engage with their environment and caregivers.

## HOW TO DO TUMMY TIME

- Place your baby on a soft and safe surface. A play mat, blanket, or carpeted floor works well.
- Begin with short sessions, around 1 to 2 minutes at a time, especially if your baby is new to tummy time.
- If your baby needs extra support, place a rolled-up receiving blanket or towel under their chest with their hands on the floor.
- Encourage your baby to prop up on their forearms. This helps in developing strength in their upper body.
- Make it enjoyable for your baby. Get down to their level, make eye contact, smile, and talk to them. Use colorful toys or high-contrast objects to capture their attention.
- As your baby becomes more accustomed to tummy time, gradually increase the duration. Aim for a total of 15-20 minutes spread throughout the day.
- If your baby doesn't enjoy tummy time on the floor, try placing them on your chest while lying down or on your lap. These alternative positions still provide the benefits of tummy time.

If your baby dislikes tummy time, start slowly, use support like a rolled-up towel, engage and entertain with toys and interaction, try different surfaces, incorporate it into the daily routine, and be patient. If difficulties persist, consult with your pediatrician for personalized guidance.