



## Your important health information

# Tummy time tips

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Tummy time tips helps you make sure your baby gets enough time on their tummy each day. This is done through activities such as handling, carrying, nappy changing, positioning, feeding and playing with your baby.

All of these should take place while your baby is awake and supervised.

### Why?

- Assists in developing muscles in your baby's neck, shoulders and arms. This is important to build the muscles that your baby needs to roll, sit and crawl.
- Helps to give your baby time off their back. This prevents tight neck muscles and the development of flat areas on the back of your baby's head.

### How much?

- Initially for a short time but frequently.
- Give lots of rests so your baby doesn't get too tired:
  - don't wait until they get too tired or cry.
- Use tummy time as one of a few different positions for your baby to spend time in.
- When two to three months, babies can usually stay on their tummy for 10-15 minutes multiple times per day:
  - at three months, total of one hour of tummy time per day is recommended.

### When?

Include tummy time in their play/routine where you can for example during:

- **nappy changes:** Try tummy time after every nappy change
- **bathing:** Towel dry your baby on their tummy, gently roll your baby side to side as you dress them
- **holding:** Hold your baby while resting their tummy on your forearm
- **cuddle positions:** Lie on your back and hold your baby on your chest facing you
- **play time:** Play with your baby on the floor. Put toys on both sides of them to get them to turn their head and reach with both hands.

### Toys and play for tummy time

- Mirrors - babies love faces.
- Your face – sing, talk to your baby, again babies love faces.
- Musical toys and lights- visual interest and stimulation to encourage your baby to look up.

***Use rolling to get your baby from tummy to back and back to tummy***

# Tummy time development

## Early tummy time positions

Focus on getting your baby used to tummy time.

Do this for a few minutes a few times a day.

### 1. Chest to chest

- Lie down on your back – either flat or propped up.
- Place baby on your chest so that you are face to face.



### 2. Lap cuddles

- Place your baby on their tummy across your lap.
- Bring their arms so they are resting on your thighs.
- To make tummy time easier, you can lift your leg slightly so baby is on an angle.



### 3. Floor tummy time

- Ensure your baby's elbows are under their shoulders resting on their forearms, and their legs are straight. Hold down the bottom.
- If this is too hard for your baby, roll up a small blanket and place it under their chest. This will make it easier.



### 4. Carrying tummy down position

- Place your arm between baby's legs and under their tummy.
- Have their head resting on your arm.
- Keep baby close to you for support.



#### Further Information

If you have any questions regarding this information, please contact:

**Physiotherapy Department**  
**Mercy Hospital for Women**  
Phone: 03 8458 4141

**Werribee Mercy Hospital**  
Phone: 03 8754 3150

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