



## ***Your important health information***

# **Tummy time tips**

---

Tummy time is important for your baby to develop. This will help your baby to develop many positions such as sitting, rolling and crawling.

### **Why?**

- Assists in strengthening your baby's neck, body and arms. This is important to help them in achieving their milestones.
- Helps to give your baby time off their back. This is important for head shaping.

### **Toys and play for tummy time**

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

### **How much?**

- Initially for a short time but frequently.
- Give lots of rests so your baby doesn't get too tired.
- Use tummy time as one of a few different positions for your baby to spend time in.
- Give your baby a rest, don't wait until they get too tired/cry.

### **When?**

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

- nappy changes
- bathing
- holding
- cuddle positions
- play time.

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

## Prone 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. Floor tummy time

Ensure your baby's elbows are under their shoulders resting on their forearms.

If this is too hard for your baby, roll up a small blanket and place it under their chest. This will make it easier.

Initially your baby will stay on their tummy for a short time. Aim to increase your baby's time on their tummy with rests, so your baby does not get too tired. For example five minutes with rests in lying on their side as required.

#### 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. 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.



#### 4. 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.



#### 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

#### Acknowledgements

Produced by: Physiotherapy Department

Date produced: October 2017

Date of last review: December 2019

Date for review: December 2021