I also enjoy other tummy positions

When I am 2-3 months I can...

- stay on my tummy for 10-15 minutes
- lift my head up and look around

Tummy playtime

Why tummy time is important for babies

Key strategies
To ensure a fun and successful tummy playtime:

- Choose a comfortable time when your baby is awake e.g. after a nappy change, bath or sleep.
- Try a variety of tummy positions.
- Interact with your baby, e.g. talking, singing, playing with musical toys or textured toys.

Back to Sleep
Tummy to Play
Sit up to watch the world

For more information, contact a child health nurse or paediatric physiotherapist at your local Community Health Centre.
Tummy time is **good for me** because…

- my neck, shoulder, arm and back muscles will get stronger. I use these muscles to move around.
- I can see the world from different angles which help my brain to develop.
- it also prevents me from developing a flat spot on the head.

As soon as I am born…

- put me to sleep on my back (Supine).
- start tummy playtime.

At the beginning I may be…

- unsettled
- just able to stay on my tummy for a minute or two during playtime.

I will get better if I **practise** a few times a day.

**Don’t give up trying**

**Easy Start**

» **Carry me over your…**

- arm

» **Put me on your…**

- shoulder
- chest
- lap

I can look at you and play with you. However, make sure I’m in a safe place if I fall asleep.

- I like to play on a comfortable firm mattress or bunny rug
- A rolled towel or nappy under my armpit and chest will give me more support
- I can lift up my head more easily if I’m propped on my elbows

* Please remove rolls before you put me to sleep on my back.
* Never leave me alone on my tummy.

**Tummy play on floor**

- I love to watch your face, so get down on my level, talk and sing to me or get a toy and play with me.