

TUMMY TIME is Play Time for Babies!

Babies spend lots of time sleeping and should sleep on their backs only. But doctors recommend some tummy time when baby is awake and you are awake and watching! We've compiled some of the reasons why and provided some guidelines.



Ready, Set,
Sleep!

Tips for Tummy Time

- Allow several periods a day when your baby is awake, alert, and always supervised.
- Start from the beginning in short 3-5 minute sessions that increase as baby grows.
- Interact with baby on an activity mat on the floor or even on your chest.
- Sing, talk, look at a book or mirror, or reach for toys placed just out of reach. Have fun!

Benefits of Tummy Time

- Strengthens back, leg, hip, arm and neck muscles
- Develops upper-body strength and head control
- Prepares baby for sitting, scooting and crawling
- Can prevent flat head syndrome
- Aids fine motor skills in hands
- Helps gas and constipation
- Good for brain and eye development, too!

About Flat Spots

- They usually round out when baby learns to sit
- They can be avoided with these additional helps:
 - Varying which end of the crib you place baby's feet
 - Limiting awake time in swings, bouncy seats and car seats
 - Spending plenty of time holding baby in your arms!

Ask Your Pediatrician About Tummy Time for Your Baby!



For more information, visit
wolfsonchildrens.org/readysetsleep

Sources: Back to Sleep, Tummy to Play: American Academy of Pediatrics, AAP.org, Nov. 2015.

The Magic of Tummy Time: Baby Begin, babybegin.com, Nov. 2016.

