

Tummy Time Tips



What is tummy time?

Tummy time is any time your baby is on their belly. Tummy time should only be done when your baby is awake, alert, and closely supervised. There are many tummy time activities that can be fun for you and baby!



Why is tummy time important?

- Strengthens the muscles in your baby's neck, shoulders, and back
- Improves your baby's ability to hold up their head
- Helps your baby roll, sit, and crawl
- Prevents flat areas on the back of their head

When should tummy time be done?

- Tummy time should **ONLY** be done when your baby is **awake, alert, and closely supervised**
- The AAP recommends "back to sleep, tummy to play"

How often should tummy time be done?

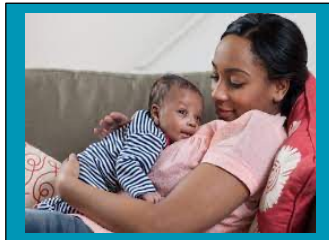
- Start with tummy time 3 or more times daily
- As time awake increases, slowly build up time on tummy
- If your baby becomes fussy, try a different tummy time option or give them a break and try again

What are different ways to do tummy time?

Carrying
(don't forget to do
both sides!)



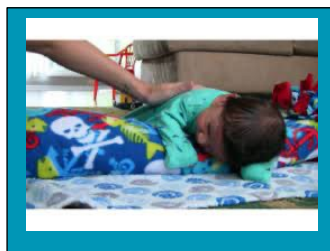
Snuggling on your
chest



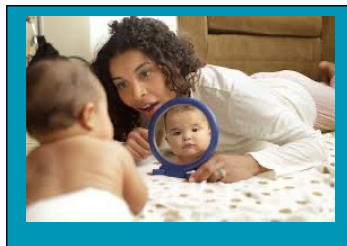
Over your legs



Rolling-up a
blanket, towel roll,
or Boppy under
their chest



On the floor with a
mirror, toys, or
friends and family
at eye level





References

1. American Academy of Pediatrics, Task Force on Infant Sleep Position and Sudden Infant Death Syndrome. (2000). Changing concepts of sudden infant death syndrome: Implications for infant sleeping environment and sleep position. *Pediatrics*, 105(3), 650-656.
2. Carson V, Zhang Z, Predy M, Pritchard L, Hesketh KD. Longitudinal associations between infant movement behaviours and development. *Int J Behav Nutr Phys Act*. 2022 Jan 28;19(1):10. doi: 10.1186/s12966-022-01248-6. PMID: 35090492; PMCID: PMC8800227.
3. Kaplan, Sandra L. PT, DPT, PhD; Coulter, Colleen PT, DPT, PhD, PCS; Sargent, Barbara PT, PhD, PCS Physical Therapy Management of Congenital Muscular Torticollis: A 2018 Evidence-Based Clinical Practice Guideline From the APTA Academy of Pediatric Physical Therapy, *Pediatric Physical Therapy*: October 2018 - Volume 30 - Issue 4 - p 240-290 doi: 10.1097/PEP.0000000000000544
4. World Health Organisation. Guidelines on physical activity, sedentary behaviour and sleep for children under 5 years of age. 2019 [Available from: <https://apps.who.int/iris/bitstream/handle/10665/311664/9789241550536-eng.pdf?sequence=1&isAllowed=y>]

Additional Information

Plagiocephaly | www.pediatricapta.org/includes/fact-sheets/pdfs/Plagiocephaly.pdf

Tummy Time Tools | www.choa.org/medical-services/orthopaedics/orthotics-and-prosthetics/tummy-time-tools

Safe to Sleep | www.nichd.nih.gov/sts/Pages/default.aspx

APTA Pediatrics CMT Clinical Practice Guideline | www.pediatricapta.org/clinical-practice-guidelines