



IWK Health

Tummy Time Tips

- ♣ Start Tummy time as soon as you bring your baby home.
- ♣ A few minutes, many times a day, **when your baby is awake!**
- ♣ **30 minutes total/day by 3 months; 60 minutes total/day by 6 months**
- ♣ Prevents the development of flat spots on their head AND supports gross motor skills.



Tummy time directly on the floor:

Tummy time can be made more enjoyable by using motivators such as baby safe mirrors, singing songs, getting right down with your baby and bright colored books.



Tummy time on a caregiver's chest:

Ensure the caregiver is comfortable and supported.

Place the baby on the caregiver's chest, always hold the baby for support.

This position for tummy time is a great time for skin-to-skin contact with your baby.



Tummy time over a roll:

Tummy time can be challenging for babies who do not yet have head control, propping their chest up on a rolled flannel or breast-feeding pillow can help.

Alternate which side the baby faces.

More Tummy Time:



Tummy time over a caregiver's leg:

Tummy time can be propped over a caregiver leg, a hand can be placed on their bottom to steady them.

Position so you can see baby's face.

Alternate which leg you use each time.



Tummy down carry:

Cradle your baby with one hand under their belly and the other between their legs. Make sure to alternate sides!



Tummy time on the change table:

After every diaper change, you can roll a baby over on to their tummy and **supervise** them in tummy time on the change table for a few minutes before leaving the change table.

Key Points

- **Tummy time is always supervised**
- Limit time in containers (bouncy chair, car seat, swing) to **2 hours total /day**; babies should **NOT** sleep in containers.
- Make sure your baby spends equal time **looking to both sides**

A Physiotherapist can help with any concerns around tummy time, head shape and gross motor development. Families and caregivers can self-refer without a physician's referral at 902-470-8025