



Tummy Time

Tummy time is a great activity to develop your baby's physical abilities. It will help them to roll, sit up, crawl and eventually walk. It will also develop the muscles in their neck, shoulders, arms, and hands. This helps them to hold a toy, lift a spoon, and eventually to write.



Tummy Time helps:



- Promote emotional bonds
- Encourage language development
- Build baby's brain
- Babies stay active through interactive, floor based play

Tummy Time also helps babies:

- Learn how to solve problems (*how can I grasp that toy?*)
- Learn how to deal with their frustrations (*it's just out of reach - what if I push with my feet?*)
- Ask for help
- Develop their sense of distance (*how near or far away is that toy?*) helping their eyes to work together to get a 3d view of the world

What to do



- Chest to chest contact is a great way to start tummy time with very young babies. Sit or lie, leaning back and start 'chatting'. Babies love faces, so make sure they can see yours clearly.

Your baby might feel uncomfortable at first (lasting less than a minute before crying). Talk, sing and rub their back to reassure them and help take away their tears.





- As your baby gets bigger, tummy time can be done on your chest, on your knee or on any flat surface available - inside or outside.
- Make sure your baby is awake and that you are there to help them if they need you. Get down on the floor with them - they'll feel safer knowing you are there. If they are hungry, sleepy, or need a cuddle - do that and try again when your baby is ready to play.
- If it's warm enough, leave your baby in a vest so they can move free from clothes – a bit of naked tummy time when changing a nappy might be nice too.
- Try taking off your baby's socks and letting them kick at a pillow or cushion to help them to push with their feet and start to move.



- Try rolling a towel or their favourite blanket under their arms to help them lift their head and stretch their tummy muscles when on the floor.
- Talk, sing and smile with your baby. You could use simple toys and everyday objects to get their attention. Try changing where you are to get them moving their head from side to side.
- By three months old your baby will be a tummy time expert. Keep it fun by giving them books, mirrors, and different toys and by singing their favourite nursery rhymes to them.



Tummy time should be **fun**, **baby-led** and **inspiring**.



30 minutes a day is all they need and little and often is best

Month 1



Aim for
10 minutes
of tummy time
a day

Month 2



Build to
20 minutes
of tummy time
a day

Month 3



30 minutes
of tummy time
a day by
3 months old



Try adding **10 minutes a month**
until your baby can roll over both ways

Remember
there's no such thing as too much tummy time
so use this as a guide

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