

Tummy Time Is:



Face to Face

Babies love to see your face. Sing, talk, or read a book to your baby.



Tummy to Tummy

Placing your baby on your chest will make your baby feel secure.



Prone Carry (tummy down)

Place your arm under baby's chest. Younger babies will need support under their head and chest.



Over Your Lap

This is a nice way to do tummy time with young infants. For support place your hand on your baby's bottom.

If your baby falls asleep during tummy time make sure you place your baby on his/her back. Try tummy time again when your baby is well rested.

To make a donation or sponsor our work, please Contact the Children's Treatment Centre Foundation of Chatham-Kent, located within our centre.

Our Vision

We are caring people celebrating abilities and making a greater difference with our community.

Our Mission

To provide audiology and children's rehabilitation services through caring teams, working together in partnerships to enable clients to optimize their quality of life.

Our Values

We value integrity, caring, community, achieving full potential, team work, quality and client focus.

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Best Start...Best Future



Children's TREATMENT CENTRE OF CHATHAM-KENT

Celebrating Abilities, Developing Potential

Parent & Family Information

TUMMY TIME



The Importance of Daily Supervised Tummy Time

Back to Sleep, Tummy to Play

Starting from birth and for the first year of life, babies are to be placed on their back at night-time and for naps. (Canadian Pediatric Society 2010).

It is also important that babies spend time awake on their stomachs (tummy time). Tummy time should always be supervised by an adult and be done when the baby is awake.

“Back to Sleep”



“Tummy to Play”



When Should My Baby start Tummy Time?

Tummy time can begin right after birth (unless a health care professional has told you otherwise)

How Often Should I do Tummy Time with my Baby?

Start with 1-2 minutes of tummy time as many as 8-10 times per day.

As your baby gets stronger add a minute or so to tummy time. Gradually work up to 10 to 15 minutes at least 3 times a day (Canadian Pediatric Society, 2011)

As infants become more comfortable on their tummy allow them to continue to play until they show cues they are tired of this position.

My Baby Doesn't Like Tummy Time. What Can I Do?

Many infants find tummy time to be hard work. Starting tummy time from day one as part of his/her routine will help your baby be comfortable in this position.

Wait until at least 30 minutes after a meal, to avoid spitting up.

Start with chest to chest tummy time for bonding and comfort.

Start with a very short time and be consistent. Don't give up - your patience will be rewarded.

What are the Benefits of Daily Supervised Tummy Time?

- Decreases the chances of your baby developing a flat spot on his/her head.
- Helps prevent tight neck muscles from developing.
- Strengthens baby's neck, back and arm muscles. Babies need strong muscles for holding up their head, rolling over, sitting and crawling.
- Encourages baby to reach for objects, which helps to develop hand-eye coordination.
- Provides visual stimulation. When babies are on their tummy they can look at the world. Babies on their backs tend to look at the ceiling.

Other Tummy Time Tips:

- The best time to do tummy time is when your baby is awake and happy.
- Tummy time must always be supervised by an adult.
- Tummy time is any time babies spend playing or being carried on their tummy.
- Tummy time is fun and will help you and your baby bond.
- Tummy time helps promote healthy growth and development.