Back To Sleep, Tummy To Play

Woman's

Newborn to 2 months

Activity
Place your baby on its stomach. If the baby cannot lift its head, place your hand on the baby's bottom to shift the weight from the upper body. If the baby is still unable to lift its head, put a rolled towel under the chest or place the baby over your leg.

Benefit
Your baby will develop better head control and upper body strength while learning to lift the head and neck.

3-5 months

Activity
Your baby has gained more back and neck strength and, when placed on the tummy, can prop itself up on the forearms. If additional support is needed, a Boppy© or rolled towel can be helpful. Enjoy floor time with your baby - use toys or mirrors to encourage weight shifting and reaching. Your baby is now able to interact with the environment at eye level.

Benefit
As your baby gets stronger, he or she will push up onto extended arms to reach and play. This prepares the baby for sitting and crawling.

6-9 months

Activity
Now your baby has become stronger in both the upper and lower back. Play games, such as "airplane" by lifting the baby up with support only on the hips and/or waist. Another variation is to rest the baby on your bent legs and move your legs up and down.

Benefit
Develops full-body strength, which will enable your baby to crawl and explore his or her surroundings.

For more information contact Woman's Pediatric Therapy at 225-924-8450.

Why is tummy time important?

- Tummy time is important to develop infants' strength, motor and sensory development.
- Tummy time facilitates achievement of motor milestones such as rolling and crawling.
- Tummy Time helps to prevent flat spots on the baby's head.

When should you start tummy time?

As soon as baby is home from the hospital.

Tummy Time Guidelines

- Tummy time should only be used when baby is awake and supervised.
- Start with short periods of 2-3 minutes and gradually increase time.
- It is best to try tummy time when baby is happy and alert.
- Always place your baby on a safe and firm surface.

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