

Tummy time for babies: A complete guide.



What is tummy time and when to start it?

It is the practice of placing a baby on their stomach while awake and supervised.

Tummy time should start as soon as the baby is born, with short sessions of 2-3 minutes a few times a day. Over time, as the baby grows stronger, the duration can be gradually increased.



Why is it important?

01

Muscle development

Helps strengthen the neck, shoulders, arms, and back muscles, which are crucial for a child's physical development.

02

Prevents flat spots

Helps prevent flat spots from forming on the back of the baby's head, a condition known as positional plagiocephaly.

03

Promotes motor skills

It encourages babies to use their arms to push up, their heads to look around, and their legs to kick, all of which are early motor skills.

04

Enhances sensory development

It gives babies a new perspective on the world, stimulating their visual and sensory development.

How to Do Tummy Time

Set the stage for the baby

Place a clean, soft blanket on a flat, firm surface like the floor. You can also do tummy time on your chest or lap.

Lay the baby on their stomach

Gently place your baby on their stomach. Ensure they are comfortable and their head is turned to one side.

Engage and entertain

Get down on the floor with your baby, make eye contact, talk to them, or use toys to keep them engaged.

Increase time gradually

Start few minutes at a time, aiming for 20-30 minutes of tummy time daily by the time your baby is 3 months old.



Do's and Don'ts



Start with few minutes at several times of the day.



Leave the baby unsupervised on their belly.



Make Tummy Time a part of your daily routine.



Try Tummy Time after feeding baby or when baby is sleepy.



Use toys and different positions to make it fun for the baby.




Do tummy time on a cold, hard surface.



Tummy Time when the baby is awake.



It's okay to take a break and try again when baby is happier.



When to Seek Help

If your baby consistently struggles with tummy time or if you're concerned about their physical development, consult your pediatrician.

They may refer you to a physical therapist who can provide additional exercises and support.



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