



Tummy Time Strategies

1

Routine

Incorporate tummy time into the daily routine. One of the best times is around diaper change. Offer frequent and regular opportunities for tummy time. The goal should be 60 minutes in 24 hours. Consider 10 minutes for every waking hour.

2

Distraction is Key

If your baby begins to protest on tummy, provide distraction such as rattles, musical toy, singing, or clapping of your hands. Always try distraction first, before changing position. Once crying begins, then change position to calm, and then return to one of the tummy time positions.

3

Preparation for Tummy Time

Prepare your baby for tummy time. Let him/her know that you are about to start tummy time. A song to introduce each tummy time session can be helpful. With babies starting at 1 month of age you can gently roll from back to tummy.

4

Lap Soothing

Much of the time when we think about soothing a baby we think to position the baby upright on our shoulder. Try introducing your baby to soothing while lying on his/her tummy on your lap. Provide support over the baby's bottom to provide a sense of security and a comforting touch. Lap Soothing is the perfect technique to use with a newborn.

5

Tummy Down Carry

When carrying your baby during the day consider face down over your forearm. One hand will support the head as if lying on a surface, and baby's body is supported over your forearm. Baby's body should be close to caregiver's body. This is another excellent technique to be used with newborn.



6

Tummy-to-Tummy

Lying on your back, place your baby tummy to tummy or tummy to chest. Make sure you provide support at baby's back or buttocks.

7

Get Down on the Floor

Your baby's favorite visual stimulus is parent's face and hearing their voice. Move down to the floor so that your baby can see you. Sing songs and/or provide an interesting visual stimulus.

8

Supervised Tummy Time on Table

Consider placing a couple of towels on a table and starting tummy time here, making it easy for you baby to see your face as you are sitting in a chair at baby's face level. Sing and/or provide attractive visual stimulus. Remember if your baby is under 8 weeks of age, he/she may keep her head turned to one side or the other. This is age appropriate. Make sure that you alternate the side baby's head is turned. **NEVER LEAVE YOUR BABY UNATTENDED ON THE TABLE.**

9

Tummy Time on Therapy Ball

This surface seems to be very comfortable for babies. Place baby, on tummy, on top of ball, providing support at entire back. Position baby in front of mirror or looking outside of a window. You do not need to move the ball. Sometimes gently tapping the ball with your hand can help with distraction.

Every baby is different. What works for one baby may not work for another. Don't give up. Try again and try different techniques. What does not work one day, may work on another day. You may be surprised.

Most importantly, enjoy your baby and have fun!