



# TUMMY TIME



## Back To Sleep and Tummy To Play

***Babies should be on their backs for sleep, but should spend some time on their tummies when awake.***

From baby's first week at home, place her on her tummy for a few minutes 2 or 3 times every day to play. But only place baby on her tummy when she is awake and watched closely by an adult.

Tummy time helps babies learn to lift their heads, strengthens their neck muscles and shoulders, and prepares them for crawling when they are older (7-9 months).

At first, some babies may not like tummy time. Here are some things you can do to help:



Place a toy or book in front of the baby.



Sing or talk to the baby while she is on her tummy.



Lay on your tummy on the floor face to face.



Have older kids play with her while she is on her tummy.

Keep trying, and your baby will learn to love tummy time with you.



"Tummy Time" is recommended by:

Minnesota Sudden Infant Death Center of Children's Hospital and Clinics of MN

American Academy of Pediatrics

Eunice Kennedy Shriver National Institute of Child Health and Human Development

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