

Tummy Time

For all babies from birth

Why supervised tummy time is important for babies

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Tummy time is good for me because...

- ✓ My neck, shoulder, arm and back muscles will get stronger. I use these muscles to move around
- ✓ I can see the world from different angles, which helps my brain to develop
- ✓ It also prevents me from developing a flat spot on the head

As soon as I am born...

- ✓ Start supervised tummy time when I am awake, not too tired or hungry
- ✓ Offer supervised tummy time frequently during the day when I am awake
- ✓ Place me on my back for sleep (supine)

At the beginning I may be...

- Unsettled
- Just able to stay on my tummy for a minute or two during playtime

Remember

Parents and carers are often very tired and can fall asleep easily during the day. Make sure I am put in my own safe sleep space if either of us start getting sleepy

Easy start

Carry me over your...

Shoulder



Arm



Chest



Lap



Don't give
up trying!

I will get better if I
practice a few
times a day

Tummy play on the floor

- ✓ I like to play on a comfortable firm mattress or bunny rug
- ✓ A rolled towel or cloth nappy under my armpits and chest will give me more support (please remove towels before you place me to sleep on my back)
- ✓ I can lift up my head more easily if I'm propped on my elbows
- ❗ Never leave me alone or unsupervised on my tummy, as it is dangerous if I fall asleep or get my airways covered

Don't leave
me alone!

I love to watch your face, so
get down on my level, talk and
sing to me or get a toy and
play with me



Tummy Safe Study Guide

Springer Publishing Company

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the Springer Publishing Company text.

Tummy Safe Study Guide:

Tummy Safe Study Guide Book Review: Unveiling the Magic of Language

In a digital era where connections and knowledge reign supreme, the enchanting power of language has become much more apparent than ever. Its power to stir emotions, provoke thought, and instigate transformation is really remarkable. This extraordinary book, aptly titled "**Tummy Safe Study Guide**," compiled by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound impact on our existence. Throughout this critique, we shall delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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