



Tummy Time...

- Is important to help babies develop arm and body strength.
- Can start with a newborn.
- Is best when baby is awake and happy (after a diaper change or a nap).
- Two to three times a day, increase the amount of time as the baby shows he enjoys the activity.
- Some babies will object, keep trying with some of the activities suggested below.

Activities

- ✓ Use toys or a mirror to get you baby to lift her head and play
- ✓ Use tummy time every time you put him down (before diaper change, etc).
- ✓ Lie on your back with your baby on your chest. This will encourage her to lift her head and use her arms to look at you.