



System Offering Actions for Resilience In Early Childhood



Tummy time when you give your child time to lay on their stomach in order to develop strong muscles in their shoulders, arms, neck, and torso.

Why is tummy time important?

The experience gives them a chance to learn how to push up, roll over, crawl, sit up and pull to a stand by themselves. This is also when they can develop muscle strength throughout their trunk. Research also shows that the more amount of time babies spend on their stomachs, the better they will be ready to begin to roll over, crawl on their stomach, and sit without support early.

How do I introduce my child to tummy time?

Lay your newborn on their stomach across your lap 2-3 times a day for only a few minutes. Once they begin to grow stronger in this position, place them on a blanket on the floor after a diaper change or nap. They can stay here for at least 20 minutes a day.

What should tummy time look like?

- Start doing tummy time from birth gradually working up to 20-30 minutes by 3-4 months of age
- Prop them on a rolled towel or nursing pillow to make them more comfortable
- Provide entertainment. This could be a mirror, lights, moving pictures, or music
- Keep the baby company during tummy time. Put your head down at their level and reassure the baby
- If they begin to cry, try to coax them to lay a little longer. If they have had enough, pick them up and try again later
- What do they like or not like about tummy time? Pay attention and make adjustments for them