

Tummy Time Tips

Tummy time is crucial because the skills learned while on the tummy are essential for development later in life. Tummy time gives the child's back of the head a break and can help prevent flat spots from forming. It provides an opportunity to increase strength and do skills that are needed in the upper body and hands for school-age tasks –such as handwriting. Sources recommend by three months of age, a child should get at least **90 minutes a day** of tummy time. Research also demonstrates that at four months of age, children who spend at least 80 minutes per day playing on their tummy while awake, are able to more successfully reach motor milestones involving prone, supine (laying on back), and sitting positions than those who spend less time on their tummy. However, it is never too early to begin tummy time! To help your child have the best experience with tummy time, here are some helpful tips:



- Start with a short 3-5 minutes and work up to 60-90 minutes
 - Pay attention to signs that the child is getting tired –such as crying or resting their face on the surface
- Child lies tummy down on adult's tummy/chest while sleeping or playing
- Child lies with tummy down or sideways across adult's arms while playing and/or being carried
- Child lies with tummy down on an exercise ball or large pillow
 - This can allow the parent to vary the angle at which the child is positioned –making it easier or harder
- Child lies with tummy down across the parent's legs, with the parent sitting at a chair or on the ground
- Child lies tummy down and upper chest positioned on a boppy
 - A rolled-up towel on the floor can work just as great
- Lay child on the floor while talking and playing with him/her
- Place an unbreakable mirror in front of them so they can see their own face
- If possible, try tummy time with a playmate

Resources:

https://www.google.com/search?q=tummy+time&espv=2&biw=1221&bih=682&source=lnms&tbn=isch&sa=X&ei=IT9tVPzIFY-RsQS304L4Bw&ved=0CAgQ_AUoAw#facrc=_&imgdii=_&imgrc=2F12GbKDsYbsTM%253A%3BH6OXYit25jtEjM%3Bhttp%253A%252F%252Fwww.earlymilestones.com%252Fimages%252Fpage%252Fwhy-tummy-time.jpg%3Bhttp%253A%252F%252Fwww.earlymilestones.com%252Fbabies-why-tummy-time.aspx%3B350%3B250;AOTA;
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