



FACTSHEET

Tummy Time

Tummy Time is essential for developing and growing babies. Sudden Infant Death Syndrome (SIDS) guidelines state babies must be settled on their backs. They therefore need time on their tummies when they are awake, to strengthen posterior muscles in preparation for crawling, including neck, back, legs and arm muscles.

Babies from birth can be placed on their tummies with toys in front of them to stimulate eye muscles and hand/eye coordination. Interact and play with your baby at this time. Never leave your baby unattended. Lie down with them, starting with short periods. Talk to them and try different places, eg. on top of your chest, on the bed with you or on your lap.



Enjoy!

Disclaimer

The information available from our website PrenatalPlusHealthFitness.com.au is of a general nature and is designed for educational purposes only. The information is not meant to replace the recommendations or advice of your midwife, doctor or child health nurse. Please consult your relevant health professional regarding your health care and that of your baby's. For further information please refer to Terms and Conditions available on the website.