

Tummy Time Tips



DO

vs.

DON'T



- DO ease your baby into Tummy Time. Start with a few minutes at a time, several times a day.

- DON'T leave your baby unsupervised while on their belly. Always be by their side to be safe.

- DO make Tummy Time a part of your routine.

- DON'T try Tummy Time after feeding or when sleeping.

- DO use toys and different positions to make it fun.

- DON'T do Tummy Time on a cold, hard surface.

- DO try Tummy Time when baby is awake and happy.

- DON'T GIVE UP! It's okay to take a break and try again.