

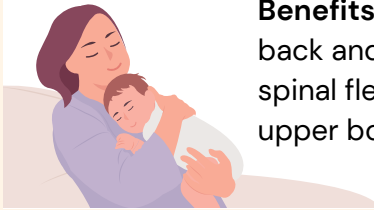
Tummy Time Exercises

Tummy Time



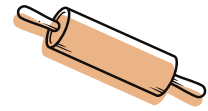
When: Soon after birth

How: Place your baby down on your chest. Once they get used to that position, try it on other flat surfaces.



Benefits: Strengthens back and neck muscles, spinal flexibility, and upper body coordination.

Rolling Over



When: Soon after birth

How: Shift baby's weight to one side in a rolling motion while lying on their back. Guide them gently onto their tummy. Go back and forth every 30 seconds.

Benefits: Helps develop back muscles, postural control, and brain-muscle coordination.



Dancing



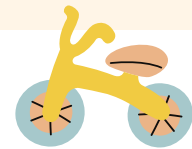
When: From birth

How: Carry your baby in your arms, or in a baby wrap or carrier. Play some music and dance away!

Benefits: Promotes body and spatial awareness, and develops balance and muscle tone.



Bicycle Legs



When: Newborn

How: Move your baby's legs in bicycle kicks while they lay on their back. Guide their legs gently in a circular motion. Go three rounds and repeat!



Benefits: Promotes lower body flexibility and leg strength, and helps with the flow of gassy tummies.

Airplane Baby



When: From 2 months

How: Sit with your knees bent and place baby on their tummy against your shins. Lie back on the floor and raise your legs.



Benefits: Develops back and neck muscles, as well as spatial awareness.

Pull-up Sit-ups

When: From 3–4 months, or when they can support their own head.

How: While your baby is lying on their back, place your thumbs in their grasp and gently pull them into sitting position. Don't let their head flop!



Benefits: Strengthens neck, back, arms, and grip.