

**red  
nose**  
saving little lives

# tummy time

Why supervised  
tummy playtime is  
important for babies



## Tummy time is good for me because...

- my neck, shoulder, arm and back muscles will get stronger. I use these muscles to move around
- I can see the world from different angles, which helps my brain to develop
- it also prevents me from developing a flat spot on the head

## As soon as I am born...

- start supervised tummy playtime when I am awake and not too tired
- put me to sleep on my back (supine)
- offer supervised tummy play when I am awake at least 3 times a day

## At the beginning I may be...

- unsettled
- just able to stay on my tummy for a minute or two during playtime

**don't  
give up  
trying**

I will get better  
if I practise a few  
times a day



# easy start

Carry me over your...

ARM



SHOULDER



CHEST



LAP



**REMEMBER:** Parents and carers are often very tired and can fall asleep easily during the day. Make sure I am in a safe place before any of us fall asleep.

## Tummy play on the floor

- I like to play on a comfortable firm mattress or bunny rug
- a rolled towel or nappy under my armpit and chest will give me more support (please remove rolls before you put me to sleep on my back)
- I can lift up my head more easily if I'm propped on my elbows
- never leave me alone or unsupervised on my tummy, as it is dangerous if I fall asleep or get my airways covered.

A photograph of a man and a baby on a white surface. The man is on the right, leaning forward with his hands clasped, looking at the baby. The baby is on the left, on its stomach, looking up at the man. The background is plain white.

**Don't leave me alone! I love to watch your face, so get down on my level, talk and sing to me or get a toy and play with me.**

## I also enjoy other tummy positions



## When I am 2-3 months I can...

stay on  
my tummy  
for 10-15  
minutes

lift my head  
up and look  
around

remember  
tummy time  
should  
always be  
supervised

# Key strategies

To ensure a fun and successful tummy playtime:

- choose a comfortable time when your baby is awake, e.g. after a nappy change, bath or sleep
- try a variety of tummy positions
- interact with your baby, e.g. talking, singing, playing with musical toys or textured toys
- never leave your baby alone or unsupervised during tummy time

## Remember:

Back to sleep

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Tummy to play

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Sit up to watch the world

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