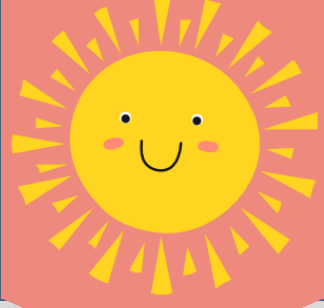


Tummy Time



What is *tummy time*?

Tummy time is when you lay your baby on their tummy for short periods of time, while they are awake and you are present. Never leave your baby unattended.

Why is *tummy time* important?

- Helps strengthen neck, back, and shoulder muscles.
- Prepares your toddler to slide on their belly and crawl.
- Improves motor skills like reaching and eye-hand coordination.

Tummy time safety

Ask your doctor about *tummy time* before starting it. Most of the time you can start *tummy time* soon after the baby comes home from the hospital.

- Save *tummy time* for when your child is awake and alert.
- Do not leave your child alone during *tummy time*.
- Do not let your child fall asleep on their tummy.



Have fun during *tummy time*!

- **Start with short sessions** of 2 to 3 minutes and slowly increase *tummy time*. Some babies may not like *tummy time* positions at first but keep trying! With regular *tummy time*, your baby will become more comfortable and start to enjoy it!
- **Play together** by facing your baby. Put different toys in front of them. Use age-appropriate objects that have different textures for your baby to explore!
- **Always** talk to your baby to encourage cooing and babbling.
- **Always** watch your child as they play. You can have an older child join in the fun too!



Keep Development on Track

The University of Arizona Cooperative Extension, Gila County offers **FREE** developmental milestone screenings for children ages 0-5. Contact staff in your region to schedule a free appointment today!

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