

# MILESTONES & MIRACLES PRESENTS



## tummy time



### Why?



Babies who spend more time on their tummy in the first year roll, crawl, sit, and pull to stand sooner.

Babies who spend more time on their tummy in the first year develop social and cognitive skills more quickly and effectively - when we move, we learn!

Babies who spend more time on their tummy have a lower risk for torticollis (head preference to one side) and plagiocephaly (flat spot).

### When?



3-5 minutes (or more) each hour during waking hours, on a firm surface, with a parent present.

Start on day 1 of life. Add a few minutes each time, every day. Babies that experience regular time on their tummy early on, often do not resist or dislike play in this position.

When putting baby down, always choose tummy time over seats, swings, bouncers, saucers, or other "baby containers." Babies need to have freedom to move to learn in order to become mobile on their own.

### How?



Any belly down position where baby practices lifting against gravity supports early development.



Face to face with a family member can be very motivating.



On parent's legs or chest can be comforting.



### What if baby hates it?



Try light bouncing or rocking on a large ball.



Wedged positioning can be helpful for babies with reflux.



Enticing motivators such as geometric drawings and mirrors can be fun.



### Did you know?



Babies should always be placed on their backs on a firm surface to sleep but need to play on their tummy early on to build strength, coordination, and mobility.

If baby is developing a flat spot on their head or a preference to turning head to one side, referral to a pediatric physical therapist should be made early to decrease treatment time, prevent delays, and enhance success.

Milestones and Miracles was created by pediatric therapists and moms who promote play and natural development. They created 1-2-3 Just Play With Me to help parents know what to expect and how to enjoy each stage.