

Tummy Time Basics



What is Tummy Time?



Time Baby spends awake on their stomach



Important for Baby's development



Should never be done when Baby is asleep

Why should Baby do Tummy Time?



Promotes motor, feeding, and sensory development



Strengthens neck, back, core, and head muscles



Prevents positional conditions

When should Baby start Tummy Time?

As soon as Baby comes home from the hospital



How often should Baby do Tummy Time?



Have Baby do it several times a day



Begin with 2-5 minute increments



Work up to at least 15-30 minutes per day by 2 months

What age should Baby stop Tummy Time?

Baby needs daily Tummy Time until they crawl



Log daily Tummy Time with our Tummy Timer!

