



Tummy time

Research has shown that putting young infants to sleep on their backs reduces the risk of sudden infant death syndrome (SIDS, or “crib death.”) However, it is very important that your baby spend time on his tummy when awake and supervised. This gives your baby a chance to strengthen important muscles in the shoulders and hips. This play position helps your baby develop the muscles that will be needed for rolling, crawling, and walking. It also helps your baby’s neck muscles to become strong!

Most babies should spend a good portion of the time they are awake on their tummies. Your pediatrician can give you detailed information about how much tummy time is best for your baby. Most babies benefit from tummy time several times a day when awake and closely supervised.

Here are some general guidelines regarding tummy time.

- Make sure your baby is awake before placing her on her tummy.
- Try to plan tummy time before feedings. If your baby lies on his belly when it is full, spitting up may occur.
- Tummy time should be on a clean, flat surface. Do not use couch cushions, mattresses, etc. These surfaces make it more difficult for your baby to get the exercise that is needed.
- Always watch your baby during tummy time. If your baby falls asleep, turn him over onto his back.
- Your baby can start tummy time soon after she goes home. She may only tolerate a few minutes at a time. Try to increase the amount of time she spends on her tummy each week.

Please ask your pediatrician if you have any questions or concerns about tummy time or your baby’s development. Enjoy!