

Why is Tummy Time important?

- It helps me develop head control
- It helps me develop flexion
- It helps me learn about touch (texture) and pressure against my arms, hands, tummy and face
- It helps build strength in my shoulders, arms and legs

Tummy Time Tips

- Hold me against your chest and gradually lean more horizontally **OR** use a clean padded surface
- Help me tuck my arms and legs and rotate my head to one side
- Begin with brief periods several times per day
- Tummy Time is best when I’m awake and **SHOULD ALWAYS BE SUPERVISED!**

Contact the Family Birth Center at
(208) 625-5090 for more information.

Remember:

“On my back to sleep...tummy to play!”



My arms are close
to my sides.

My legs are
flexed and tucked.