

# Is Your Baby Getting Enough Tummy Time?



Tummy Time starts at the time your baby arrives.

It's used only when your baby is awake.

## Why?

- Helps strengthen their neck and shoulder muscles that will be needed for learning to sit, crawl and move.
- Prevents baby flat head (positional plagiocephaly).

## How?

- Start by introducing your newborn to short periods of time on your chest.
- Use toys and safety mirrors to encourage tummy time to be an enjoyable experience.
- Never leave your baby alone during tummy time for safety.
- Interact with your baby during this time to build positive connections.

**Check-out the links below for more information:**

<https://www.healthline.com/health/parenting/tummy-time>

<https://activeforlife.com/7-steps-to-tummy-time/?>

[gclid=EAlalQobChMIhYrSvd696gIVCbSzCh3McQsyEAAAYASAAEgljifD\\_BwE](https://activeforlife.com/7-steps-to-tummy-time/?gclid=EAlalQobChMIhYrSvd696gIVCbSzCh3McQsyEAAAYASAAEgljifD_BwE)