

TIPS for TUMMY TIME

- ✦ Back to Sleep but Tummy to Play
- ✦ Catch your baby when he/she is in a good mood
- ✦ Roll them on and roll them off
- ✦ On your tummy too mom and dad
- ✦ Towel roll or boppy
- ✦ Simple toys
- ✦ 30-60 minutes a day
- ✦ When small lying on side is another position to try
- ✦ Tell friends and family to place your infant on his/her back for sleep and to place your infant on his/her tummy as much as possible when awake
- ✦ Hang in there- it gets better like every other stage
- ✦ Lie on the couch and let your infant lie on your chest

Julie Loos
Edward Hospital
Physical Therapy
(630)527-3375