

Tummy Time

Tummy time helps strengthen baby's neck, shoulders, core, and back. It prevents flat spots on the head. Tummy time also promotes sensory and motor development. Baby born early? Use their corrected age (based on due date) when considering milestones.

0 – 3 months

Start tummy time as soon as baby is home, while they are awake. Help baby get used to tummy time, a few minutes throughout the day until it becomes routine. Aim for baby to briefly lift their head, keeping their head in the middle. Help baby switch sides when resting their head.



Chest to chest

Place baby facing you on your chest, holding baby securely while you lie down or sit propped up.



Carry tummy-down

Support baby securely in your arms while they face down.



Lap support

Lay baby face down across your lap, raising or crossing the leg under their chest so it's higher than their hips to make tummy time easier.



Tummy time on the floor

Position baby face down on a mat. You can place a cushion or rolled-up blanket under their chest for support. Play peek-a-boo or offer high-contrast toys or pictures for encouragement.



3 months +

When baby can support themselves on their forearms, work up to one hour of tummy time a day. Encourage them to lift their head and chest, shift their weight, roll, and lift their limbs to reach or kick. For tummy time practice, place baby on the floor, not on a bed or raised surface, and supervise closely.

Encourage eye contact by staying at baby's level or using toys to promote head turning and visual tracking. A mirror or songs can help keep them engaged.



6 months +

Aim for baby to lift their head and chest, propping with their hands. Encourage rolling, movement, and pushing up onto their knees (4-point position).



Talk to a doctor if baby...

- Has flat spot on their head
- Always turns or tilts their head to one side
- Has a stiff neck
- Has continued difficulty lifting their head
- Shows a noticeable difference in movement or muscle tone between left and right sides, or upper and lower body

Please consult a health professional if you have concerns about your child's safety or development.