

TUMMY TIME



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Tummy time is a crucial activity for babies to support their physical development and exploration of the world. It offers several benefits:

- 01 Supports physical development:** Tummy time helps babies strengthen their neck, back, chest, and arm muscles, contributing to better head control.
- 02 Increases flexibility:** During tummy time, babies get to move and stretch their bodies, improving flexibility.
- 03 Exposes baby to different textures:** Being on their tummy allows babies to experience various textures on the surface they are lying on, promoting sensory development.
- 04 Enables visual exploration:** Tummy time offers a new perspective for babies to visually explore their surroundings.

Here are some guidelines for incorporating tummy time into a baby's routine:

- Newborns should have tummy time 2-3 times a day, starting with short sessions of 3-5 minutes each. Gradually increase the duration as the baby becomes more comfortable.
- Start tummy time right away in the hospital by placing the baby on your chest while lying on your back. This familiarizes the baby with the position early on.

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There are different positions for tummy time

- 01 Tummy-to-Tummy:** Lay on your back and place the baby on your chest. Interact with the baby through talking and singing with animated expressions.



- 02 Lap Time:** Support the baby's head and place them tummy down across your lap. Gently move your legs to soothe the baby if needed.

03 On a secured mat or blanket on the floor: For newborns, lay on the floor with the baby and interact closely with them. As the baby grows stronger, introduce toys just out of their reach to encourage reaching and playing.



Always remember to place the baby on their back in their crib if they fall asleep during tummy time.

DISCLAIMER

If your baby was born prematurely or has reflux, consult your healthcare provider, as they might need special considerations for tummy time.

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