

Tummy Time

For all bubs from birth

Watch me
get strong
like you!

red
nose
saving little lives



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Tummy time is good for me because...

- ✓ My neck, shoulder, arm and back muscles will get stronger. I use these muscles to move around
- ✓ I can see the world from different angles. This helps my brain get strong
- ✓ It also prevents me from developing a flat spot on the head

As soon as I am born...

- ✓ Watch me have tummy time when I am awake, but not too tired or hungry
- ✓ Watch me have tummy time lots of times in the day when I am awake
- ✓ Put me on my back to sleep

At the beginning I may be...

- Unsettled
- Just able to stay on my tummy for a minute or two during playtime

Easy start

Carry me over your...

Shoulder



Arm



Chest



Lap



Don't give
up trying!

I will get better if I
practise a few
times a day

Don't leave me alone!

I love to watch your face, so get
down on my level, talk and sing to
me or get a toy and play with me.

Tummy play on the floor

- I like to play on a comfortable firm mattress or bunny rug
- A rolled towel or cloth nappy under my armpits and chest will give me more support (please remove towels before you put me to sleep on my back)
- I can lift up my head more easily if I'm propped on my elbows



Tummy time is fun!



When I am 2-3 months I can...

Stay on my tummy for 10-15 minutes

Lift my head up and look around

How to make tummy time fun...

- ✓ Choose a time when bub is awake. This could be after a nappy change, bath or sleep
- ✓ Try different tummy positions
- ✓ Play with bub. Talking, singing, play with toys

Tummy time will make bubs neck, shoulder and back get stronger

- Tummy time helps to protect bubs head shape
- You can start tummy time from birth
- It's normal for bub to find tummy time a bit tricky to start with
- You can try the different positions you can see in these photos, bub will get better at it
- Bubs with big heads or were born early can find tummy time tricky too. Encourage bub to keep at it - practice makes perfect!

! Alert

- Never leave me alone or unsupervised on my tummy, as it is dangerous if I fall asleep or get my airways covered.
- Parents and carers are often very tired and can fall asleep easily during the day. Make sure I am put in my own safe sleep space if either of us start getting sleepy!

Remember

- ✓ Back to sleep
- ✓ Tummy to play
- ✓ Sit up to watch the world

Do you need more advice?

Remember that it is normal for bub to find tummy time more tricky to begin with.

If you are worried about any of these things below, go to the doctor or child and family health.

- Bub isn't getting any better at tummy time after six to eight weeks of age
- Bub feels very stiff or floppy
- Bub is six weeks old and not making eye contact or focusing on toys
- If bub is not moving both sides of their body the same

Red Nose acknowledges the Traditional Owners of the lands in which we work, live and visit.

When we listen, we learn. When we know better, we do better.

– Skye Stewart

Wergaia and Wemba Wemba midwife from Mallee Victoria

Red Nose Safe Sleep Advice Hub
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