

Supervised

Tummy Time

Supervised tummy time is important to help bub grow strong

Offer supervised tummy time frequently during the day when I am awake, but not too tired or hungry



Back to sleep



Tummy to play



Sit up and watch the world



rednose.org.au

Red Nose Safe Sleep Advice Hub
1300 998 698 (during business hours AEST/AEDT)
rednose.org.au/safesleep

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

**Skye Stewart - Wergaia and Wemba Wemba
midwife from Mallee Victoria**

**red
nose**
saving little lives