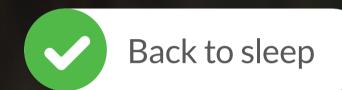
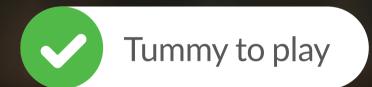
Supervised

## 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







Red Nose Safe Sleep Advice Hub

1300 998 698 (during business hours AEST/AEDT)
rednose.org.au/safesleep

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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

