

Supervised

Tummy time

is important to help baby grow strong



Start from birth and practise regularly



Supervised tummy time is best when baby is awake, not too tired or hungry



Tummy time strengthens baby's neck, shoulder and back muscles so they can reposition themselves and protect their airways



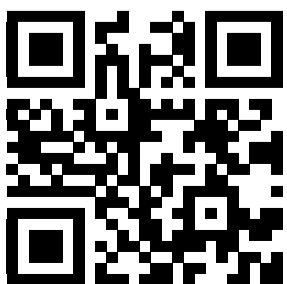
Tummy time helps to protect baby's head shape and supports baby's brain development



Never leave me alone or unsupervised on my tummy, it is dangerous if I fall asleep or get my airways covered



Scan the QR code below for more information & resources



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

Red Nose Safe Sleep Advice Hub

1300 998 698 (during AEST/AEDT business hours)

rednose.org.au/safesleep

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saving little lives