I also enjoy other tummy positions

Key strategies
To ensure a fun and successful tummy playtime:
• choose a comfortable time when your baby is awake, e.g. after a nappy change, bath or sleep
• try a variety of tummy positions
• interact with your baby, e.g. talking, singing, playing with musical toys or textured toys
• never leave your baby alone or unsupervised during tummy time

Remember:
Back to sleep
Tummy to play
Sit up to watch the world

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

stay on my tummy for 10-15 minutes
lift my head up and look around
remember tummy time should always be supervised

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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, which helps my brain to develop.
- It also prevents me from developing a flat spot on the head.

As soon as I am born...
- start supervised tummy playtime when I am awake and not too tired.
- put me to sleep on my back (supine).
- offer supervised tummy play when I am awake at least 3 times a day.

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...**

- ARM
- SHOULDER
- CHEST
- LAP

**Tummy play on the floor**
- I like to play on a comfortable firm mattress or bunny rug.
- a rolled towel or nappy under my armpit and chest will give me more support (please remove rolls before you put me to sleep on my back).
- I can lift up my head more easily if I'm propped on my elbows.
- never leave me alone or unsupervised on my tummy, as it is dangerous if I fall asleep or get my airways covered.

**Remember:** Parents and carers are often very tired and can fall asleep easily during the day. Make sure I am in a safe place before any of us fall asleep.

**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.

**Don't give up trying**

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