



# Essential Tummy Time Moves

## To Develop Your Baby's Core

The American Academy of Pediatrics recommends placing babies on their backs to sleep and their tummies to play as part of a daily routine. Just a few minutes a day, a few times a day, can help your baby get used to Tummy Time and help prevent early motor delays. If you begin early (even from just a few days old) and maintain a consistent schedule, your baby will learn to love Tummy Time. This helps develop the muscles in their back, neck, and trunk on their way to meeting developmental milestones.

Here are the top five moves you can begin as soon as your baby is born:



### Tummy to Tummy

Lie down on the floor or a bed, flat or propped up on pillows. Place your baby on your chest or tummy so that you're face-to-face. Always hold firmly for safety.



### Eye-Level Smile

Get down level with your baby to encourage eye contact. Roll up and place a blanket under the chest and upper arms for added support.



### Lap Soothe

Place your baby face-down across your lap to burp or soothe him. A hand on your baby's bottom will help him feel steady and calm.



### Tummy-Down Carry

Slide one hand under the tummy and between the legs when carrying baby tummy down. Nestle your baby close to your body.



### Tummy Minute

Place your baby on her tummy for one or two minutes every time you change her. Start a few minutes at a time and try to work up to an hour a day in short intervals by the end of three months. Don't get discouraged. Every bit of Tummy Time makes a difference!

**COPY FREELY, DO NOT CHANGE, MUST ACKNOWLEDGE PATHWAYS.ORG**

Pathways.org is a 501(c)(3) not-for-profit organization. Permission to cite any part of this work must be obtained from Pathways.org. Materials are provided at no cost; no fees or charges may be associated with any of the Pathways.org materials without prior written approval.

[www.Pathways.org](http://www.Pathways.org) • [Facebook.com/PathwaysDotOrg](https://www.facebook.com/PathwaysDotOrg) • (800)955-CHILD (2445)