

## Birth to 2 Months

Focus on getting baby used to tummy time. Start with a few minutes, a few times a day until it becomes part of baby's routine.

### LAP SOOTHE

Lie baby face down across your lap while holding or burping. Place a hand on baby's bottom to help calm them.



### EYE LEVEL

Encourage eye contact by getting on the baby's level. A blanket can be rolled and placed under baby's chest for support.



### DOWN CARRY

Slide one hand between baby's legs and stomach. Use other hand to support baby's head and neck. Nestle baby close to you for comfort and support.



### TUMMY

Place baby on your chest or tummy so that you are face to face. Lay down flat or propped up on pillows. Always hold firmly for safety.



## 3 to 5 Months

Work on getting a total of an hour of tummy time a day.

### Practice tummy time in small increments:

- Use toys to encourage head turning and visual tracking
- Practice after diapering or bathing so it becomes routine



### TEAM EFFORT

Give distractions and make it fun. Hold a mirror in front of your baby to get their attention. Place toys just out of reach.

### ACTIVITY

Your baby has gained more back and neck strength and, when placed on the tummy, can prop itself up on the forearms. If additional support is needed, a Boppy or rolled towel can be helpful. Enjoy floor time with your baby- use toys or mirrors to encourage weight shifting and reaching. Your baby is now able to interact with the environment at eye level.

### BENEFIT

As your baby gets stronger, he or she will push up onto extended arms to reach and play. This prepares the baby for sitting and crawling.

## 6 to 9 Months



### PUSH UPS

Place hands under baby's chest and tummy. Use gentle lifting cues to get baby to push up on hands for brief periods.



### AIRPLANE

Place hands under baby's hips/waist and lift. Or you can support your baby with your knees.

Your baby needs the opportunity to play on its tummy, on the floor, during waking hours (while being supervised) and to spend limited time in an infant seat/carrier, swing or other restrictive devices which inhibit free movement.

### ACTIVITY

Now your baby has become stronger in both the upper and lower back. Play games, such as "airplane" by lifting the baby up with support on the hips and/or waist. Another variation is to rest the baby on your bent legs and move your legs up and down.

### BENEFIT

Develops full body strength, which will enable your baby to crawl and explore his or her surroundings.

# The Following Milestones By 6 months

# Did you know?

- Begin to use consonant sounds in babbling, e.g. "dada"
- Uses babbling to get attention
- Begins to eat pureed foods

- Reaches for a nearby toy while on their tummy

*While laying on their back...*

- Transfers a toy from one hand to the other
- Reaches both hands to play with feet

- Uses hands to support self in sitting
- Rolls from back to tummy
- While standing with support, accepts entire weight with legs



- Tummy time should begin as soon as your baby comes home from the hospital.
- Tummy time is essential for infants' core, motor, and sensory development and achievement of milestones
- Helps improve neck and head control, and strengthens back, shoulder muscles and more
- Prevents flat spots on baby's head
- Promotes motor and sensory development
- Tummy time is an important activity and needs to be part of a baby's daily routine
- Visual stimulation is another benefit of the tummy position. Unlike a baby on its back (who sees only the ceiling and objects on either side) a baby placed on the tummy will lift its head and view the world at eye level
- Not all babies enjoy tummy time. Some may cry or refuse to lift up their head. We have provided guidelines to help you with this challenge and to make tummy time an enjoyable bonding experience and a productive part of your baby's life while mastering important skills.

HealthPro  
*family*  
CHIROPRACTIC & ACUPUNCTURE

4101 Greenbriar Dr., Ste 135  
Houston, TX 77098

Phone: 281.506.0105

www.healthprochiro.com  
@healthprochiro

# Babies & TUMMY TIME



Tummy Time - Placing your baby on his or her stomach while awake and supervised can help your baby develop a strong head, neck and shoulder muscles and promote motor skills. Tummy time can also prevent the back of your baby's head from becoming flat (positional plagiocephaly)