

A SIDS AND KIDS PUBLICATION

tummy time



WHY SUPERVISED
TUMMY PLAYTIME
IS IMPORTANT
FOR BABIES

'Sleep Safe, My Baby'

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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



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

Don't give up trying



Easy Start

Carry me over your...



Shoulder



Arm

Put me on your...



Chest



Lap

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.

Tummy play on 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.



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.

I also enjoy other tummy positions



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

lift my head up and look around

stay on my tummy for 10-15 minutes



REMEMBER

Back to Sleep
Tummy to Play
Sit up to watch
the world

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

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Queensland
Government

For further information talk to your midwife,
child and family health nurse or doctor;
call SIDS and Kids in your state or territory on

1300 308 307

or visit www.sidsandkids.org



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