

# Tummy time when the infant is awake

on

## Time on tummy affects

Head control

Strength

Motor development



## Start early

Start when the infant is newborn. Several short occasions each day. If the infant goes to sleep, turn it onto its back.

It is okay if the infant rests the head, it does not have to lift the head all the time. If the infant goes to sleep, turn it onto its back.

If the infant rejects the tummy time, do shorter intervals more often instead.

The infant may not be tired it could be bored. New motivation can be needed. Try a new object or person/picture to look at.



## Repeat, repeat and repeat

It is likely that the infant will accept and like to be on the tummy when it has gained good head posture, strength and can lift the hands to take objects that are close.

## Intense practise

To learn new things we need practise. The same goes for infants, a lot of repetition is needed to learn. Tummy time is needed to gain good head posture, strength in the upper body and to develop motor performance.

It is from the prone position you learn to crawl, sit up, stand up etc.





Alternate between lying and sitting over your leg

- Repeat 10 times
- 4 occasions a day
- Stimulate prone with interesting objects.

## Tip for intense tummy time

Sit on the floor and put the infant over your leg. Have some interesting objects/toys available, this gives the infant something interesting to look at/play with. Most infants grasp toys at 3-4 months of age.

Let the infant spend time on their tummy, slightly less than it can manage; bring it up into sitting or standing for a short while. Then put it on the tummy again, repeat 5-10 times, depending how long the infant accepts their tummy time on each occasion. If it is very brief, repeat 10 times. If it accepts 1 minute or more it may be enough to repeat 5 times.

Repeat this on 4 occasions each day, use simple marking/a chart to be aware of how much/little you do.

After a few weeks the infant will probably be more used to tummy time, will be stronger and find tummy time more acceptable.



A towel or a small pillow can be used for tummy time.



To give the infant tummy time is well-invested time and can be performed in a variation of ways.

When the infant likes to be on their tummy it learns new activities and investigates the surroundings. To be on their back is no longer interesting.

Infants should always sleep on their back

When children are able to turn around some chose to sleep on their tummy. For healthy children above the age of six months this can be okay. Younger children need to be turned over onto their back to sleep.