

Tummy Time



What is Tummy Time?

Tummy Time is the time during the day your baby spends on their tummy while they are awake. Since the American Academy of Pediatrics (AAP) recommends [Back to Sleep](#), spending time on their tummy is crucial for baby's development.

Why does my baby need Tummy Time?

Tummy Time helps your baby develop the neck, back, and shoulder muscles needed to meet infant developmental milestones. It may also help prevent early motor delays and conditions such as flat head syndrome (positional [plagiocephaly](#)) and twisted neck (positional torticollis). The American Academy of Pediatrics recommends placing babies on their backs to sleep and on their tummies to play.

When should my baby start Tummy Time?

Tummy Time can begin as soon as your baby comes home from the hospital.

How much Tummy Time does my baby need?

Your baby should work up to an hour of Tummy Time per day by 3 months of age. Aim for a few minutes at a time, several times a day.

What are different Tummy Time positions to try with my baby?

https://www.youtube.com/watch?time_continue=39&v=M3rCtW9DMD4

Use this link to a four-minute video by Pathways.Org:

Five Essential Tummy Time Moves, How to do Tummy Time

