

**red
nose**
saving little lives

tummy time

Why supervised
tummy playtime is
important for babies



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

**don't
give up
trying**

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



easy start

Carry me over your...

ARM



SHOULDER



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 the 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.

A photograph of a man and a baby on a white surface. The man is on the right, leaning forward with his hands clasped, looking at the baby. The baby is on the left, on its stomach, looking up at the man. The background is plain white.

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...

stay on
my tummy
for 10-15
minutes

lift my head
up and look
around

remember
tummy time
should
always be
supervised

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

Remember:

Back to sleep

Tummy to play

Sit up to watch the world

To access Red Nose Education Services contact us on:

T 1300 998 698

E education@rednose.com.au

W rednose.com.au

To purchase a range of baby products in support of Red Nose visit shoprednose.com.au

Red Nose acknowledges our partnerships with Australian businesses that help to fund our education and support services.



© Red Nose Limited 2017

Except as permitted by the copyright law applicable to you, you may not reproduce, copy or communicate any of the content from this document, without the express and written permission of the copyright owner, Red Nose Limited.