



# Essential Tummy Time Moves

The American Academy of Pediatrics recommends placing babies on their backs to sleep and their tummies to play as part of a daily routine. Just a few minutes a day, a few times a day, can help your baby get used to “tummy time” and help prevent early motor delays. If you begin early (even from just a few days old) and maintain a consistent schedule, your baby will learn to love tummy time. This helps develop the muscles in their back, neck and trunk, on their way to meeting all their infant development milestones.

**Here are the top five moves you can begin as soon as your baby is born:**



### Tummy to Tummy~

Lie down on the floor or a bed, flat or propped up on pillows. Place baby on your chest or tummy, so that you’re face-to-face. Always hold firmly for safety.



### Eye-Level Smile~

Get down level with your baby to encourage eye contact. Roll up and place a blanket under the chest and upper arms for added support.



### Lap Soothe~

Place your baby face-down across your lap to burp or soothe him. A hand on your baby’s bottom will help steady and calm.



### Tummy-Down Carry~

Slide one hand under the tummy and between the legs when carrying baby tummy down. Nestle the baby close to your body.



### Tummy Minute~

Place your baby on her tummy for one or two minutes every time you change her. Start a few minutes at a time and try to work up to an hour a day in shorter intervals by the end of three months. Don’t get discouraged every bit of tummy time makes a difference!

For a [tummy time video](#), more information on [why tummy time is so important](#) and a [growth and development chart](#) endorsed by the AAP, please visit or contact:

**Pathways Awareness**

Parent-Answered Help Line 1-800-955-CHILD - [www.PathwaysAwareness.org](http://www.PathwaysAwareness.org)

email questions to: [friends@pathwaysawareness.org](mailto:friends@pathwaysawareness.org)