"Nothing You Do For Children Is Ever Wasted."
-Garrison Keillor

SPORTS PLUS
Physical Therapy

Welcome to Our Pediatric Therapy Program!

The When, Why, and How of Tummy Time

WHEN?

• Should be started once infant can tolerate the position. The sooner tummy time is started, the easier it is for the infant to become used to the position and be happier when lying on his/her stomach.

• Should always be supervised with a parent beside the child at all times.

• Is a time for you and your infant to interact, play, and bond with each other while the child is in a different position.

WHY?

• Allows for head control and development of upper back extensor muscles and shoulder blade muscles.

• Allows for the child to view their surroundings at a different angle.

• Is an important milestone to reach to allow the child to progress to pushing up onto hands and knees and eventually crawling.

HOW OFTEN?

• Tummy Time should take place a few times a day, starting at 5 minutes and gradually increasing the time as tolerated by the infant, only when he/she is awake.

• Should always be FUN! If the child starts crying, change positions and attempt again later.

• Use toys that will keep the infant's attention such as light up toys, musical toys, or a play mat with a small baby mirror.

• If tummy time is difficult for your child, consider using a nursing pillow or towel roll to prop under your infant's chest to make lifting his/her head easier.

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information referenced from www.thenewparentsguide.com