tummy time

WHY SUPERVISED TUMMY PLAYTIME IS IMPORTANT FOR BABIES

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

I also enjoy other tummy positions

When I am 2-3 months I can:

• Lift my head up and look around.
• Stay on my tummy for 10-15 minutes.

‘Sleep Safe, My Baby’

For further information talk to your midwife, child and family health nurse or doctor; call SIDS and Kids on 0800 164 455 or visit www.sidsandkids.org.nz

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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!
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Don't give up trying:

- 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.

Easy Start

Carry me over your...
- Shoulder
- Arm

Put me on your...
- 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.
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Tummy play on floor

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

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

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'Sleep Safe, My Baby'
Revised for New Zealand November 2014

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Key strategies

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