* Helps build muscles that your baby needs for activities like sitting and crawling.
* Helps promote a more rounded head shape.
* Tummy Time should be carried out as often as possible when your baby is awake, alert and happy.
* Don’t be discouraged, with practise and interaction your baby will start to enjoy being on their tummy.

**Ideas for Newborn to 3 months old**

- We love our cuddle time
- “Peepo”
- Flying starts young

**Ideas for 3 months old to 6 months old**

- Look how far I can see...
- We can all have fun on the floor...
- This rolled up towel helps me to see and play

**Ideas for 6 months old to 9 months old**

- Babynastics - it’s fantastic
- Look how strong I am now
- See you later...

If your baby has medical problems and you need further advice regarding Tummy Time, please contact your Health Visitor or Health Care Professional.

**Remember your baby must always sleep on their back to reduce the risk of cot death**

FIT for PLAY!
FIT for LIFE!
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