

# Tummy Time

Tummy to play everyday

- \* 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.



We love our cuddle time



"Peepo"



Flying starts young

**Ideas for Newborn to 3 months old**

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



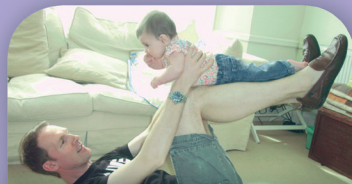
Look how far I can see...



We can all have fun on the floor...



This rolled up towel helps me to see and play



Babynastics - it's fantastic



Look how strong I am now



See you later...

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

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**



Association of Paediatric Chartered Physiotherapists



FIT for PLAY!

FIT for LIFE!

[www.apcp.org.uk](http://www.apcp.org.uk)