

Tummy Time Basics

TUMMY TIME | Ages 0-3 months | 3 minutes

About This Activity

Essential for building neck and core strength in newborns. Start with short sessions to help baby develop motor skills.

Materials Needed

- play mat
- rolled towel
- tummy time pillow

Step-by-Step Instructions

Place baby on their tummy on a flat, safe surface. Get down at baby's eye level and encourage them to look at you. Start with 1-2 minutes, 2-3 times per day after diaper changes. Gradually increase duration as baby gets stronger. Never leave baby unattended during tummy time.

Developmental Benefits

GROSS MOTOR, PHYSICAL