

## Tummy Timeline

### At 1 month:

- Lifts face from the floor; turns head;
- Lies with head turned to one side;

### At 2 months:

- Lifts head to 45 degrees, enough to clear chin;
- Turns head more easily with control;
- Discovers hands;
- Turns to locate sounds;

### At 3 months:

- Lifts head 45 to 90 degrees to look around;
- Holds self on forearms briefly;

### At 4 months:

- Supports self on forearms well;
- Lifts and hold head to 90 degrees;

### At 5 months:

- Begins to push up using hands;
- Rolls from tummy to back;
- Supports self on one arm while reaching with the other arm;

### At 6 months:

- Plays with good upper body control, shifting weight from hand to hand;
- Rolls from back to tummy, and over again;

### At 7 months:

- May begin to push up on hands and
- Pivots in a circle on tummy.



For more information on Tummy Time For Play and Back Time For Sleep contact the Northwestern Health Unit



Some information has been adapted from material produced by the Peterborough County City Health Unit



Tummy Time For Play



Back Time For Sleep



**Babies should always sleep on their backs to reduce the risk of Sudden Infant Death Syndrome (SIDS).** During the day, babies spend time in car seats, carriers and swings, adding up to a lot of time spent on their backs. Lack of tummy time may result in delayed upper body movements, and flattening of the back of baby's head.



### What is Tummy Time?

"Tummy Time" is the time that your baby spends lying on his/her tummy while awake.

At birth, a baby's head is roughly one third of their total weight. Supervised tummy time encourages babies to push up on their hands and arms. This helps to develop the strong shoulder, arm and hand muscles required for skills like reaching, grasping, colouring, and printing.

Babies also learn to balance themselves while on their tummies. Balance is important for rolling, crawling, sitting, and walking.



### What if my baby cries when put on the floor?

Some babies may not enjoy tummy time at first. When babies are placed on their stomach they have to work against gravity to move. This is hard work and some babies will protest. Comfort and soothe your infant but keep providing tummy time, even for short periods. Short, frequent periods of quality tummy time that baby tolerates well is more beneficial than letting baby cry during tummy time. If you provide tummy time often your baby will learn to like it.

### Tummy Time Tips

- Use a clean, firm surface, such as a playpen mat, on the floor, where baby will be safe and will not roll off from any height.
- Sit or lay on the floor with your baby
- Be careful with blankets and quilts as they can bunch up and block the baby's breathing.
- Provide calm and attentive talking and eye contact to get baby's attention.
- Play games with your baby such as peek-a-boo using a washcloth or your hands.
- Sing a favorite song so baby turns his head to find your voice and listen to sounds.
- Start with short periods of tummy time. Never provide tummy time right after feeding.
- If baby gets tired and falls asleep, roll him/her gently onto their back.



### When Can I Start Tummy Time?

Tummy time can begin with a newborn baby. A newborn can lift their head briefly to look around. To introduce tummy time, lie on your back with your baby on your chest. Once they get used to the idea, you can try tummy time on the floor.

By 3 months of age, a baby's neck muscles are usually strong enough to hold up their head for a longer time. You can slowly increase the amount of time they spend on their tummy.

Make tummy time opportunities fun! Get down on the floor with your infant. Use safe toys or a mirror to encourage baby to lift their head and play. Build tummy time into a daily routine. Each time you diaper or dress your infant is an opportunity for tummy time.