

ostp.com



NUTRITION PROGRAM

5 fun tummy-time moves

Making sure your child is active is important for his health, not only now but later in life too. Tummy time is a big part of that, as it helps develop important muscles and motor skills that he'll need to use when he gets bigger and starts doing things like crawling and rolling over. And, it's just a lovely way to spend time with your new

arrival!

2 mins

to read

▪ By Danial Ahmad , Author

Jan 28, 2021

Tummy time can start from the moment you bring your child home from the hospital, and is a great daytime activity. There are no strict rules as to when you should do it, just whenever your child is happy to play along is fine. And if he gets a little fussy or isn't enjoying it, there's no need to force it.

Remember – never leave your child alone when he's on his tummy.

1. Tummy-to-tummy

While lying on your back, either on the floor or on the bed, place your child on your stomach or chest, while holding him firmly, for some cuddly face-to-face tummy time.

2. Eye-to-eye

Place your child on the floor, either on his playmat or a clean blanket or towel, then lie down at his level, to encourage eye contact. If you feel he needs extra support, place a rolled-up blanket or towel under his chest and arms.

3. Tummy-to-lap

Lie your child across your lap on his tummy, making sure to keep a hand on his back or bottom to keep him steady. Great for tummy time, and a helpful soothing or burping method.

4. Super baby

Celebrate the mini hero your little one is! While standing upright, put one hand under your child's chest and tummy and the other between his legs. Support his head the whole time and hold him tummy-side-down, close to your body.

5. All change!

Whenever you change your child, try placing him on his tummy for a couple of minutes afterwards. (Never leave him on the changing table alone, of course).

Sources

<https://healthychildren.org/English/ages-stages/baby/sleep/Pages/The-Importance-of-Tummy-Time.aspx> (Accessed December 29 2016)

<https://www.zerotothree.org/resources/312-stages-of-play-from-birth-to-6-months-a-full-body-experience> (Accessed December 29 2016)

http://pathways.org/wp-content/uploads/2014/09/tummytimebrochure_english.pdf (Accessed December 29 2016)