



Beckton & Royal Docks Children's Centre Tip Sheet

Tummy Time

Giving babies supervised tummy time helps to strengthen their backs, arms and necks; encourages them to roll over; and gives them a different view of the world. You can do this once or several times throughout the day. Some babies don't like being put on their tummies — this is perfectly normal and may change as your baby develops week by week.



How to get

your baby moving

- Lay your baby down so they can kick their legs.
- Give them some time on their tummy with toys to reach for nearby. Little and often is best when they're very young. Only do tummy time when your baby is awake and you're there to keep an eye on them.
- Pulling, pushing, grasping, and playing with other people are great ways to practice different kinds of movements.



TUMMY TIME PAINTING



This information was gathered from www.nct.org.uk and www.nhs.uk please visit their websites if you would like to know more or speak to your Health Visitor.