

Tummy Time Tips

In prone (belly) position, baby's muscles work hard and differently. Specifically, the extensor muscles (muscles in the back of body) that help control posture and straighten/extend are hard at work. Strength in these muscles is necessary to help baby achieve rolling belly to back, sitting, and other upright postures. Getting a baby to tolerate this position can be tricky. Here are some tips to help:

- Try heart to heart (baby on your chest) in an inclined position
- Try inclined on a boppy/nursing pillow or towel roll under baby's chest
- Try burping baby over your lap on his/her tummy
- Utilize baby wearing to help baby adjust to pressure on tummy while gaining neck strength
- Do short bouts of tummy time throughout day, to baby's tolerance, rather than longer intervals
- Get on your belly too and engage with baby while he/she does their tummy time
- Try "football" carry in arms--use mirror for feedback
- While lying on your back with knees bent and feet off ground, put baby on lower legs and gently bounce (this will work for babies who are lifting head up in prone/tummy position)
- The earlier you start, the better baby will likely tolerate this position. I usually recommend parents try starting tummy time when baby is about a month old because there is plenty to adjust to and learn during that first month. It's never too early to do tummy time though.

Remember:

Some tummy time is better than none; it's okay if baby is only tolerating it for a few minutes or even seconds at first. Baby's tolerance will improve with time.

You've got this, mama!

XOXO,

Sara

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