



Quesnel & District

CHILD DEVELOPMENT CENTRE

TUMMY TIME

Prevents flat areas
developing on the head

Strengthens
buttock
muscles

Stretches hip
flexor muscles

Strengthens shoulder
blade muscles for arm
control

Stretches
neck
muscles

Strengthens
neck
muscles

Develops muscles
for good posture

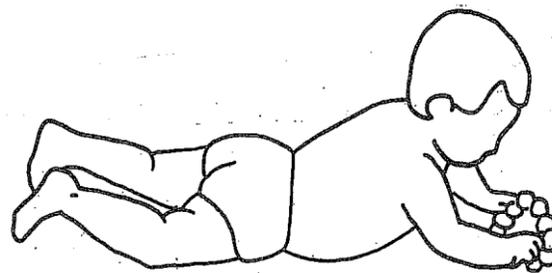
Develops the muscles
for coordinated
walking and running

Stimulates Vestibular
System of the brain which
stimulates brain growth

Strengthens
back muscles

Strengthens
shoulder muscles

Weight bearing
strengthens
developing arm
bones



Opens the
hands for
grasping and
reaching

Develops muscles for
rolling, sitting and crawling

Physiotherapy Program

3rd Floor 488 McLean St., Quesnel, BC V2J 2P2 Ph: 250-992-2481 Fax: 250-992-3439

www.quesnelcdc.com



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CHILD DEVELOPMENT CENTRE

TUMMY TIME

WHAT IS TUMMY TIME?

- + Any supervised activity that positions your baby on his tummy when awake
- + Any time that you carry your baby belly down

WHY IS TUMMY TIME SO IMPORTANT?

- + Benefits of tummy time:
 - develops and stretches muscles in the neck, shoulders and trunk
 - promotes typical development of movement and head shape
- + Because babies today spend a lot of time on their backs:
 - since the early 90's, parents have been encouraged to place their babies on their backs to sleep to prevent SIDS (Sudden Infant Death Syndrome)
 - infant carriers doubling as car seats and other baby seats and swings are widely used
- + Lack of tummy time can cause:
 - flat areas to develop on the head
 - tightness and weakness of the neck, shoulder and trunk muscles
 - difficulty with rolling, sitting and crawling

ACTIVITIES

- + Lie reclined or on your back and hold your baby facing you on your chest - less support will be needed over time as he can hold his head steady in the middle and push up on his arms
- + Place your baby belly down over your lap when burping after a feed, when you are visiting with friends or watching T.V.
- + Carry your baby by supporting under his chest with your arm – younger infants will also need their head supported
- + Lie on the floor with your baby face-to-face and encourage him to look at you
- + Place a support under his chest to help lift his head so he can see to look around
- + Roll your baby from side to side as you change his diaper, then afterwards roll him on his tummy before picking him up
- + When on his tummy, place interesting toys on each side to encourage turning in both directions

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