Tummy time is one of the most important things you can do to help your baby maintain a healthy head shape and strong muscles.

Do you know when to start tummy time?
You can start it as soon as the baby is born! Tummy time doesn’t always have to be on the floor; you can have tummy time with your baby lying on your chest. The first 2-3 months are the most critical time for your baby’s head shape, so it’s important for you to start tummy time as soon as possible.

Try to incorporate this into your daily schedule, just like you do feedings and diaper changes, and shoot for 30 minutes of tummy time each day, even if you have to break it into several smaller stretches.

One of the best tummy time tips we can offer is to make it an interactive time for you and your baby:

• play peek-a-boo
• show your baby a picture book
• sing songs or just talk to him or her
• A mat designed for tummy time with things to see and toys to grab is a great help
• A mirror, a music box or toys placed just out of reach can also entertain your little one

Make sure the surface on which you place your baby is firm and clear of blankets or anything else that might interfere with his or her breathing. If your baby is resistant to tummy time, that’s ok. When he or she fusses, give some encouragement and cuddles, and then get right back to tummy time!

Why is tummy time for infants so important?
It not only helps strengthen the neck and back muscles but it also puts pressure on the palms of your baby’s hands that helps develop arches and aids with fine motor skills. It’s critical for rolling, crawling and working of large muscles.