

Tummy Time

The good news:

Since the American Academy of Pediatrics began recommending that babies be put “back to sleep” the incidence of sudden infant death syndrome has dropped by more than 50 percent.

The bad news:

Ever since this change, more infants are developing flat spots on the back of their skull, a condition called positional plagiocephaly. Lack of tummy time can lead to a delay in motor development such as lifting their heads and turning over. This may have an impact on sitting up and crawling.

The solution:

Supervised tummy time.

Newborns-2 month-old infant: should be provided with tummy time at least 30 minutes to one hour everyday.

2-4 month infant: 45 minutes to 1 ½ hours per day.



Benefits:

- Encourages infant to practice reaching/ pivoting.
- Will minimize any flat spots on his head.
- Helps to develop neck, shoulder & upper trunk muscles.
- Sensory experience. They feel their body in a different position, and see their environment from a different perspective.
- Psychological benefits. By learning to make their bodies do new things, babies feel a sense of accomplishment which gives them the confidence to try new skills as they grow.



How to go about using Tummy Time:

- Start early. Place your newborn belly-down on your chest or across your lap for a few minutes so he gets accustomed to the position.
- Think comfort. Lay your little one down on a flat, clean surface, such as a blanket or play mat on the floor. If she squirms or cries, try some extra padding. Roll up a small receiving blanket and tuck it under her chest.
- Go head to head. Lie down on the floor and get face-to-face with your infant. Make goofy noises and expressions, or sing songs.
- Give her distractions. Hold a mirror in front of your baby to capture her attention. Or place brightly colored stuffed animals just within reach.
- Get others in on the act. Encourage friends, relatives, and your child’s caregivers to get down on the floor for short periods of tummy time with him as well.



Babies should always be placed on their backs when sleeping and or when not under supervision.