

Make Tummy Time Fun!

Play Together

Sing songs, make silly faces, or use rattles and mirrors to grab their attention.

Add It Into Daily Routines

Try tummy time after diaper changes or baths.

Follow Their Lead

If your baby fusses, take a break and try again later. Short, happy sessions are better than long, stressful ones.

Overcoming Challenges

It's normal for babies to resist tummy time at first. Be patient and creative. For babies with reflux or neck tightness adjust positions for comfort. If concerns persist, talk to your pediatrician or a therapist who specializes in infant care.

Safety First

- Always supervise your baby during tummy time.
- Avoid restrictive devices like swings or bouncers for extended periods.
- Follow the "Back to Sleep, Tummy to Play" guideline—safe sleep on their back, active play on their tummy.

—Recommended by the American Academy of Pediatrics.

When should I worry about head shape?

Tummy Time and repositioning makes a big difference in helping your baby's head shape, but sometimes the little head shapes need a bit of extra help.

That's where the cranial remodeling orthosis comes in. It is a medical device designed individually for each baby to gently shape the head into a more symmetrical and proportional look as they grow. The best time to start treatment is 4–6 months.

CROs can be breathable and light-weight 3d printed remolding helmets. Cranial Kids is able to treat with all the 3D helmets on the market.

For more details about Cranial Kids, please visit:



Address:

520 W Buena Ventura St
Colorado Springs, CO 80907

Phone: 719.896.5924

Fax: 719.960.2074

Website:

www.CranialKids.com

Email:

CustomerService@CranialKids.com



Tummy Time

Helping Babies
Grow Strong

Back to Sleep, Tummy to Play

Benefits of Tummy Time



Builds Strength

Strengthens neck, shoulder, and back muscles for rolling, sitting, and crawling. Supports balanced neck movement and may help reduce tightness associated with torticollis.



Prevents Flat Spots

Early positioning and tummy time can make a big difference in preventing flat spots, plagiocephaly.



Supports Development

Enhances motor skills, sensory awareness, visual tracking, and coordination.



Helps Digestion

Eases gas and reflux while promoting healthy digestion.



Encourages Bonding

Tummy time creates opportunities for interaction, eye contact, play, and connection.

When should you start?

Start tummy time right after bringing your baby home. Begin with 2–5 minutes a few times daily, gradually increasing as they grow stronger. By 3 months, aim for an hour a day in short sessions.

How to do Tummy Time



Tummy-to-Tummy

Lay your baby on your chest so they can lift their head to look at you.



Lap Time

Place your baby face down across your lap. This is great for burping too!



Floor Fun

Use a blanket, towel roll, or nursing pillow for support and comfort.



Tummy Down Carry

Hold your baby face-down with your hand supporting their chest and tummy.



Babywearing/Carrying

If your baby is awake and facing inward, babywearing reduces prolonged pressure on the back of the head.

Tummy Time Tips for Every Age

0–3
months

Start small! Introduce tummy time for just a few minutes.

Use mirrors, toys, and songs to keep it fun and engaging.

Try positions like: tummy-to-tummy or tummy down carry to help them adjust,

This can be a great time to bond with your baby.

Always stay with your baby during tummy time.

3–6
months

Your baby will begin to push up on their arms and reach for toys.

Encourage rolling and weight shifting by placing toys just out of reach.

Play on the floor to build strength and prepare for crawling.

6+
months

Now your baby might pivot, roll, and start crawling.

Keep tummy time exciting by adding new challenges like reaching for toys or playing with a ball.

What if my baby has reflux?

Modify positions, such as using an incline on your chest or a rolled towel, to make tummy time more comfortable.

How long should tummy time last?

Start with 2–5 minutes per session, several times a day, and gradually work up to about 1 hour daily by 3 months.