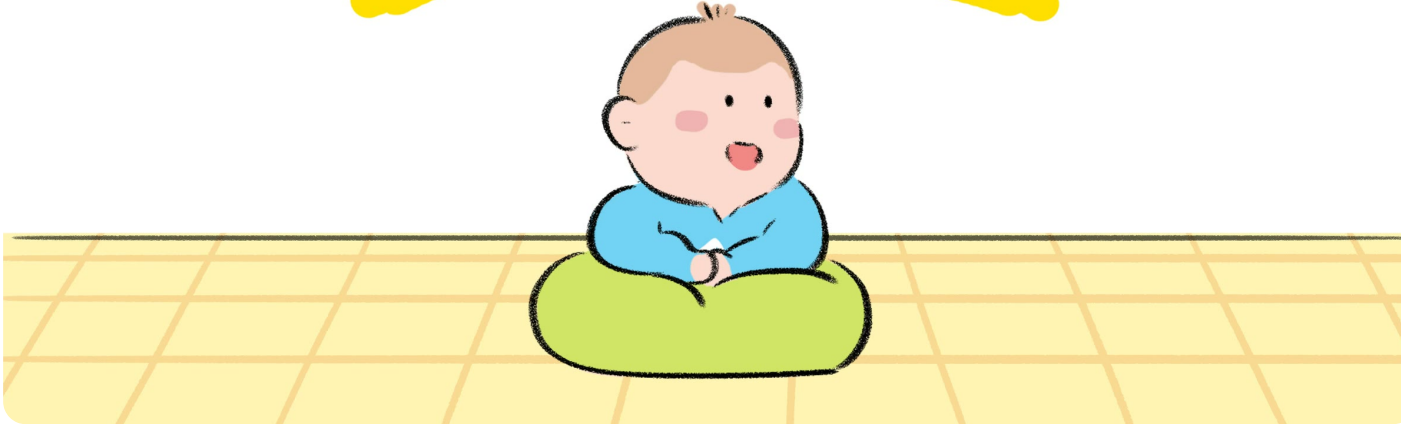




Happy Tummy Time



Happy Tummy Time

A new view, your familiar face, and a few playful movements can make tummy time feel more interesting. Follow your baby's comfort while they practice lifting and moving.

Helps Your Child Grow



Gross Motor

Brief, repeated tummy-time play gives your baby practice using large muscles across the neck, shoulders, trunk, arms, and legs.

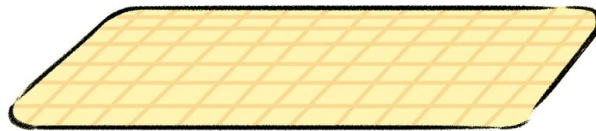


Relationships with Adults

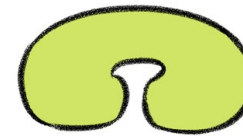
Your close presence and responsive play can help your baby feel secure and anticipate interaction with you.



What You'll Need



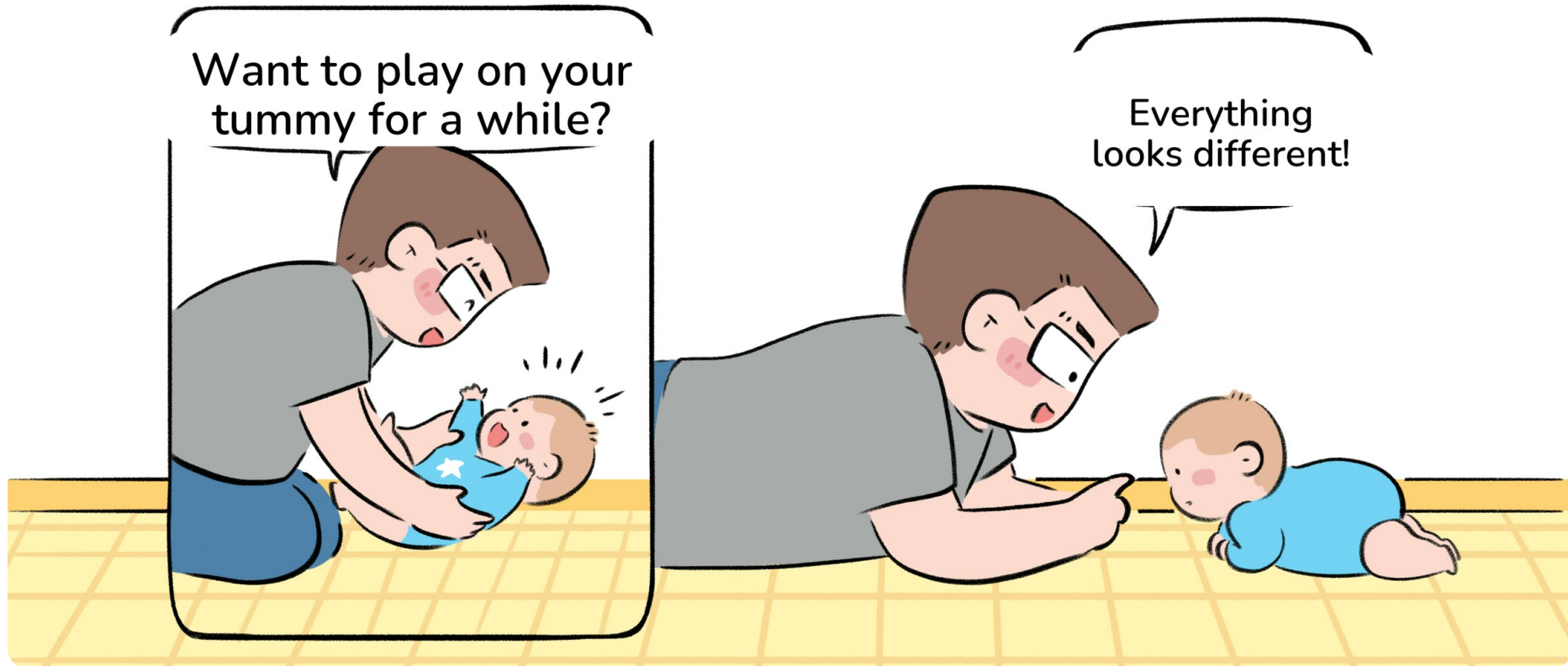
Crawling Mat



U-Shaped
Pillow

What You'll Need

1. A firm play mat and a U-shaped support pillow



A New Tummy-Time View

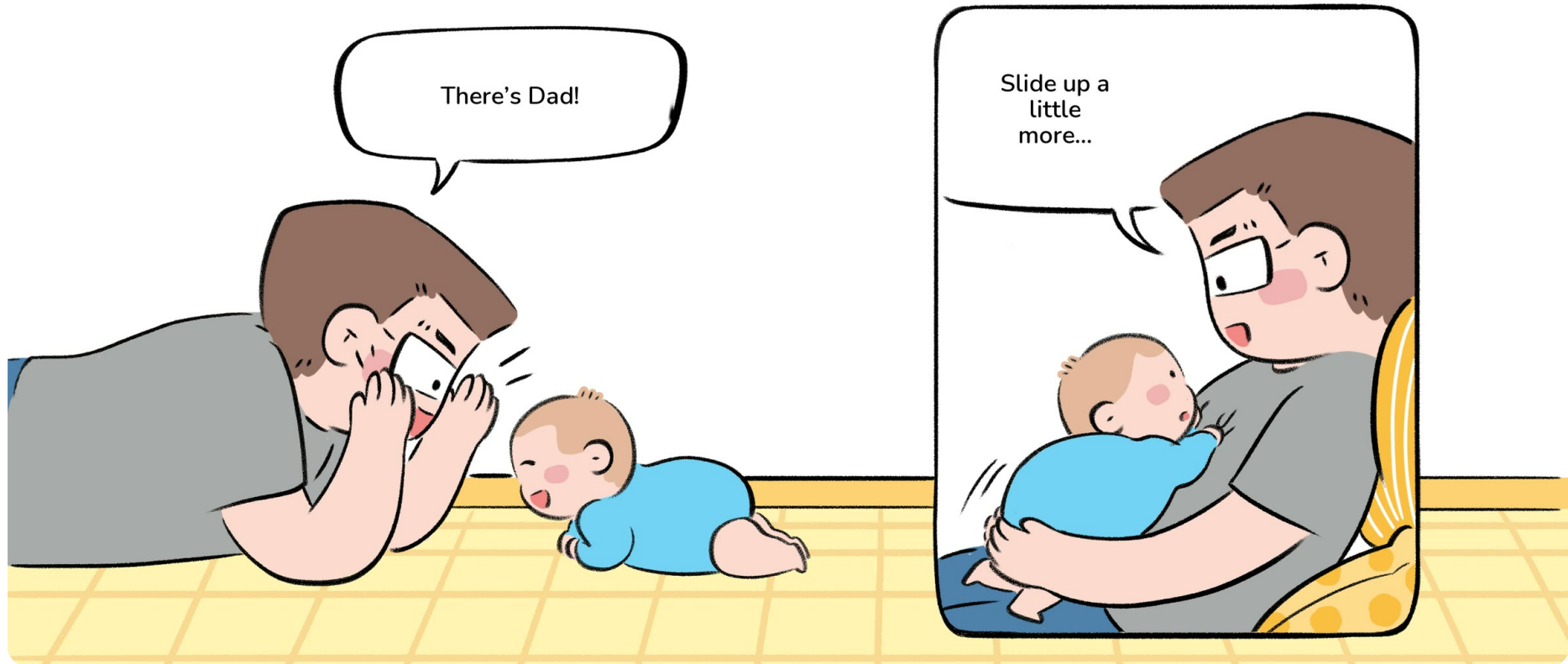
Help your baby roll gently onto their tummy on a firm surface. The change in view may invite them to look around, lift their head briefly, or move their arms and legs.

Observations

- Moves their arms or legs while lying on their tummy
- Smiles back when you smile

Tips

- Choose a comfortable, firm surface. A very soft surface makes it harder for your baby to press up.
- At two months, brief head lifts and some wobbling are common during tummy time.
- The goal is not a long session. Give your baby time to become familiar with the effort.



Make Tummy Time Playful

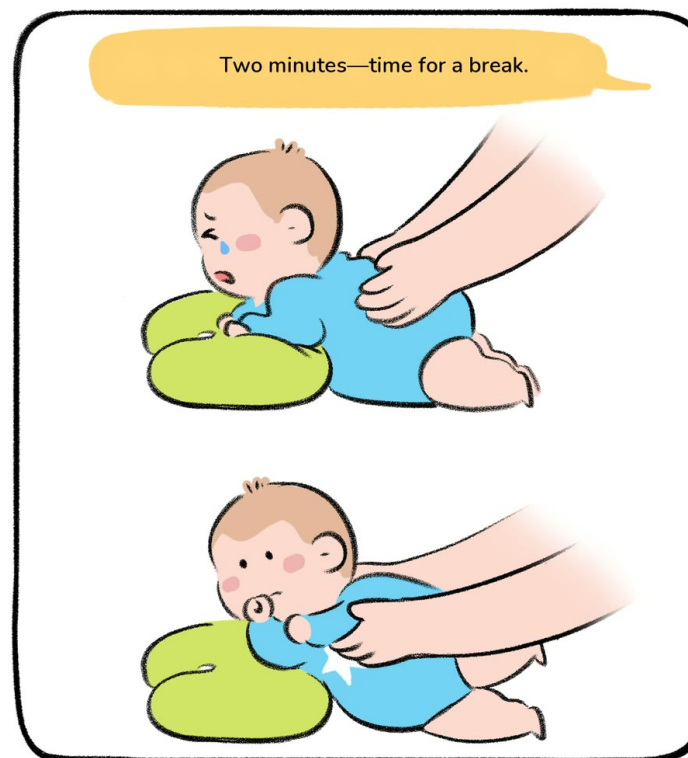
Lie face-to-face and play peekaboo with a funny sound. You can also let your baby lie tummy-down on your chest while you support them and move gently up and down or side to side.

Observations

- Lifts their head while lying tummy-down on your chest
- Watches you during peekaboo

Tips

- Your nearby face, voice, and response can motivate your baby to stay engaged a little longer.
- Your baby may prefer turning their head to one side at first. That is common at this age.
- Alternate your position between the left and right sides so your voice or a toy invites head turns in both directions.



Add a Little Support

If the position feels difficult, place the U-shaped pillow beneath your baby's upper chest to raise the body slightly. Talk softly and follow their response. When signs of tiredness appear, help your baby roll out of tummy time and rest.

Observations

- Signals for your help when becoming uncomfortable
- Responds to your voice with a facial expression or movement

Tips

- One or two minutes may be enough at first. Add a few seconds over time as the position becomes more comfortable.
- Before the neck and shoulder muscles grow stronger, holding the head up from a face-down position can require a great deal of effort.
- Several short sessions can work muscles that are used differently while your baby lies on their back.
- Repeat briefly across the day and lengthen the time gradually as your baby becomes steadier.