

The TummyTime!™ Method

Gold standard for infant development



Cautions:

Limit the time baby spends in devices such as bouncy seats and swings to 10-15 minutes maximum at a time. Car seats are for driving only. Babies should avoid sleeping in swings, rock 'n play, bouncy seats, or mamaroo as this can lead to postural problems, head flattening and contribute to neck stiffness.

Tummy time is time baby spends lying on his or her tummy. Parent and baby are interacting together during this floor time activity. Other tummy time positions: lying on parent's chest, over arm or lap, propped on an infant approved pillow and Babywearing.

The TummyTime!™ Method is an evidenced informed therapeutic program designed to support health, posture, movement, and connection for all babies; it can also treat oral motor dysfunction, postural asymmetries, digestive difficulties, and autonomic dysregulation.

1

CHOOSE A TUMMY TIME SPOT

On a blanket on the floor

2

SIT ON THE FLOOR

Holding baby close to your body, slowly lower baby to his or her back

3

ENGAGE BABY

Back and forth, using facial expressions and eye contact

4

GENTLY AND SLOWLY

Help baby roll to side. Gently help baby roll to tummy, wait and watch!

5

ASSIST BABY

With arm position or head movements, enjoy baby in tummy

6

WHEN BABY IS READY

Tuck one arm under shoulder and slowly roll baby out of tummy time

7

PICK BABY UP

And hold closely, heart to heart.

8

REPEAT

Once baby has relaxed facial expression or takes a deep sigh

Benefits of the TummyTime!™ Method

Tummy time is vital for healthy social, emotional, physical and neurological development of your baby:

- Promotes social/emotional connection with reassuring interaction with parent during this sometimes challenging yet essential activity
- Facilitates breastfeeding by optimally mobilizing and engaging baby's face, tongue, jaw, throat, and neck muscles
- Promotes optimal head shape by offsetting the time baby lies on his or her back (decreases head flattening/molding)
- Improves posture creating optimal symmetry, balance, and natural alignment
- Eases colic & reflux through weight bearing on tummy, reducing gas and stimulating healthy digestive function
- Elicits, utilizes, and integrates baby's oral, primitive, and postural reflexes

The gold standard in the first 2-3 weeks of extrauterine life is tummy time on a parent's chest

SUGGESTIONS

Babies with soft tissue restrictions or tension, torticollis, plagiocephaly, brachycephaly, and oral dysfunction specifically benefit from intentional tummy time experiences.

Focus on quality, not quantity of tummy time experiences. 30 minutes a day to start, then gradually increase the time. It may be helpful to do several short sessions a day rather than one long session.

Prior to using the TummyTime!™ Method, tummy time can be challenging for many babies, but using this program regularly will teach baby to feel relaxed and safe in tummy time.

