

Tummy Time

Tummy to play everyday

- * Helps build muscles that your baby needs for activities like sitting and crawling.
- * Helps promote a more rounded head shape.
- * Tummy Time should be carried out as often as possible when your baby is awake, alert and happy.
- * Don't be discouraged, with practise and interaction your baby will start to enjoy being on their tummy.



We love our cuddle time



"Peepo"



Flying starts young

Ideas for Newborn to 3 months old

Ideas for 3 months old to 6 months old



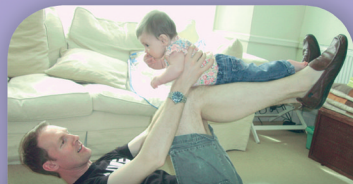
Look how far I can see...



We can all have fun on the floor...



This rolled up towel helps me to see and play



Babynastics - it's fantastic



Look how strong I am now



See you later...

Ideas for 6 months old to 9 months old

If your baby has medical problems and you need further advice regarding Tummy Time, please contact your Health Visitor or Health Care Professional
Remember your baby must always sleep on their back to reduce the risk of cot death



Association of Paediatric Chartered Physiotherapists



FIT for PLAY!

FIT for LIFE!

www.apcp.org.uk