



Offer your baby supervised tummy time each day while awake.

Tummy time strengthens muscles that support your baby's head and may prevent flat spots.

What does tummy time have to do with safe sleep?

- Tummy time helps your baby to develop arm, shoulder, and neck strength. This helps your baby move better too!
- Supervised tummy time helps your baby's brain grow by learning and play.
- Give your baby tummy time each day and ask your baby's caregivers to use tummy time too.



Tummy time can begin right after birth and can also be done with baby on your chest.



ALSO IN THIS SERIES:
Baby Behavior
Back to Sleep
Sleep Surface

Let's Talk – Tummy Time

When your baby is awake, offer tummy time regularly.

For content resources, visit: dshs.texas.gov/SafeInfantSleep

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Family and Caregiver Common Questions

What if my baby doesn't like tummy time?

It may take some time for your baby to get used to tummy time, but it is important to keep trying.

The American Academy of Pediatrics (AAP) recommends 30 minutes a day of tummy time, but this can be broken into several short sessions, especially if baby doesn't like tummy time at first.

Even if your baby cries, keep trying every day.

Tummy time can start a few days after birth for short periods of time, a few times a day. Increase this time as your baby gets stronger.

By about two months of age, babies should be getting at least 15 to 30 minutes of total tummy time daily.

Can tummy time help prevent flat spots on my baby's head?

It is common for you to worry about flat spots on your baby's head when putting your baby on their back to sleep.

The AAP reports that a flat spot is more likely when baby's head position is not switched (right to left and left to right) when sleeping on his or her back.

You can make sure tummy time is safe by making sure your baby is active and awake during tummy time and always supervised by an adult.

Are there other activities that I can do with my baby while my baby is in tummy time?

Yes! There are a few things you can do to help your baby enjoy tummy time:

- Talk or sing to your baby.
- Show toys to the baby.
- Read the baby short stories.
- Play and laugh with your baby.



Let's Talk - Circle of Support

Continue to share safe infant sleep information with parents and caregivers throughout the first year to increase their use of safe sleep practices!

For content resources, visit:
dshs.texas.gov/SafeInfantSleep