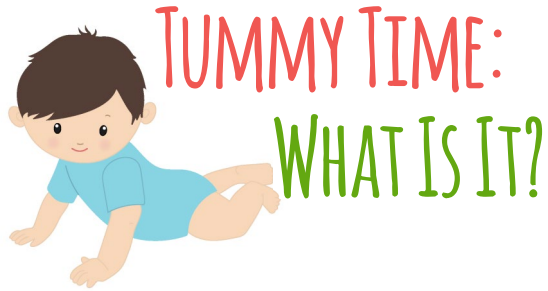


TOOLS TO GROW AT HOME: EARLY INTERVENTION



- Tummy Time is any time your baby spends on his/her tummy while awake and supervised.
- Since the American Academy of Pediatrics recommended in 1992 that babies be placed on their backs to sleep to reduce the risk of sudden Infant death syndrome (SIDS), many babies have spent much less time on their tummies.
- Establishing routine periods of Tummy Time experience each day is a way to compensate.

WHEN TO USE TUMMY TIME?

- Start the first month of life.
- You can start with as little as 30-60 seconds and increase slowly.
- Encourage tummy time several times a day.



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TOOLS TO GROW AT HOME: EARLY INTERVENTION

TUMMY TIME



FOR PARENTS/CAREGIVERS

ADVICE FROM A PEDIATRIC
NEURODEVELOPMENTAL
OCCUPATIONAL THERAPIST



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TUMMY TIME: WHY IS IT IMPORTANT?

- Since the back to sleep recommendations, parents have been reluctant to place their babies on their tummies to play.
- More often babies are placed on their backs, swings, bouncy seats, car seats, or the like throughout the day.
- Excessive time babies spend on their backs and in seating devices can affect movement, posture, and skull shaping.
- For normal development of motor skills, a baby needs the experiences that movement in prone, or on his or her tummy provides.

DEVELOPMENTAL CONSEQUENCES

- Tummy Time is very important for advancing your baby's development in many areas.
- This includes: upper body strength, hand strength, pivoting, crawling, creeping, moving into sitting, maintaining sitting while playing with toys, pulling to stand, and balance.



IN THE FIRST YEAR OF LIFE,
BABIES ABSOLUTELY NEED
EXPERIENCE ON THEIR TUMMY.

TIPS FOR TUMMY TIME: USE YOUR BABY'S SENSES

VISION

- Provide interesting things as motivation to lift his/her head.
- Newborns prefer high contrast black and white patterns.
- Colorful toys with cause-effect features are great for older babies.
- Try a child safe mirror to encourage your baby to lift his/her head.

SOUND

- If your baby seems anxious, use a soothing voice or lullaby to calm him/her.
- If tolerated, use an exciting voice, song, or upbeat music to arouse your baby to raise his/her head.

TOUCH

- Provide a soothing massage to your baby's back, arms and legs.
- While on his/ her tummy, place your baby on your chest. Try to recline your body or simply lie on your back.
- Your baby will experience tummy time while cuddling.

MOVEMENT

- While sitting in a rocking chair, place your baby on your chest while he/she is on their tummy.
- Slowly rock back and forth.
- Or, while you are seated in a regular chair, place your baby on his/her tummy across your lap.
- With careful support to your baby, slowly shift your legs from side to side so as to gently rock your baby.
- Another idea, place your baby tummy down while you carry him/her around.

FUTURE IMPLICATIONS

- Believe it or not, the skills that your baby acquires while on his/her tummy has future implications for:
 - Overall body strength
 - Mobility (walking, running)
 - Precise movements (writing, typing, playing an instrument)
 - Balance (athletic performance, riding a bike)
 - Posture (sitting up with a straight spine),
 - Using both hands together (tying, braiding)
 - Sensory skills (tolerating and using the sense of touch effectively)

MAKE
TUMMY TIME
EASIER!



- Place a rolled towel or blanket under your baby's chest (under his/her arm pits).
- Make sure your baby's nose and mouth are not covered or obstructed.

PRECAUTIONS

- Babies must always be alert during Tummy Time.
- Babies must be supervised at all times.
- Make sure that nothing is blocking his/her airway.
- Avoid tummy time right after eating.
- Clear the area of hazards, make sure the environment is baby safe.