

Why Tummy Time Matters

Tummy time is an important activity and needs to be part of a baby’s daily routine, benefits include:

- Builds head and neck control
- Strengthens shoulders, back and core muscles
- Supports rolling, sitting and crawling milestones
- Encourages visual tracking and exploration
- Reduces time spent on the back of the head
- Promotes healthy motor development

The key is consistency, not perfection. Start with just a few minutes at a time and gradually increase as your baby becomes stronger and more comfortable. Small sessions throughout the day can add up to meaningful developmental benefits.

Every baby develops at their own pace, but making tummy time part of your daily routine can help support healthy movement, strength, and exploration during the first year of life.



40+ YEARS
OF TREATING BABIES
With Plagiocephaly

500K+
SUCCESSFUL OUTCOMES
And counting

100+
SPECIALIZED CLINICS
Across the U.S.

TUMMY TIME TRACKER

- 0-2 MONTHS - 15-30 mins/Day**
- ☐ 1-2 mins at a time, several times a day
 - ☐ Build head & neck control

- 3-5 MONTHS - 30-60 mins/Day**
- ☐ Puts weight on forearms
 - ☐ Lifts head 45-90 degrees
 - ☐ Tracks toys from tummy time position

- 6+ MONTHS - 50% of Wake Hours**
- ☐ Tracking & reaching for toys
 - ☐ Preparing for crawling
 - ☐ Pushes up onto straight arms

*It's important to remember that all babies develop at their own pace.

Cranial Technologies® specializes in pediatric head shape and ear shape treatment through DOC Band® cranial therapy and EarWell® infant ear molding, providing expert care and support to families nationwide.

If you have questions about your baby's head shape, schedule a no-cost assessment at a Cranial Technologies clinic near you.



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ALL ABOUT TUMMY TIME

Activities, Milestones and Tips for Every Stage



Tummy time supports healthy development by strengthening the muscles needed for head control, rolling, sitting, and crawling. This guide provides age-specific milestones and activities to help your baby build strength, explore their world, and thrive through every stage of development.



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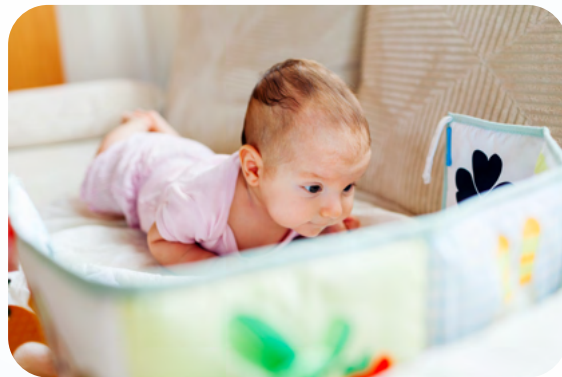
0-2 MONTHS

Head and Neck Control

- Place your baby on their tummy during supervised awake time.
- If needed, use a rolled towel, your leg, or your chest for support.
- Gradually work towards a total of 30 mins of tummy time per day.

Benefit

Your baby will develop better neck control and upper body strength, while learning to lift their head.



3-5 MONTHS

Pre-Crawling and Sitting

- Encourage tummy time play using toys, mirrors, and reaching activities.
- If additional support is needed, use a Boppy or rolled towel under your baby's chest.
- Help your baby practice pushing up on their forearms and shifting their weight

Benefit

As your baby gets stronger, they will push up onto extended arms to reach and play. This prepares your baby for sitting and crawling.



6-9 MONTHS

Full Body Strength

- Try the “airplane” game by supporting your baby at the hips or waist.
- Place your baby across your bent legs and gently move them up and down.
- Encourage activities that build upper body, core, and back strength.

Benefit

Develops full body strength, which will enable your baby to crawl and explore their surroundings.

