

Babies & Tummy Time

Tummy time is an important activity and needs to be part of a baby's daily routine.

In the first months of life, babies learn about movement of their body and develop the physical skills required for rolling over, sitting and crawling. They learn to respond and adapt to challenges. For this reason, a baby needs the opportunity to play on its tummy during waking hours (while being supervised) and to spend limited time in an infant seat/carrier, swing or other restrictive devices which inhibit free movement.

Visual stimulation is another benefit of the tummy position. Unlike a baby on its back (who sees only the ceiling and objects on either side), a baby placed on the tummy will lift its head and view the world at eye-level. In 1992, the American Academy of Pediatrics (AAP) published recommendations to put healthy babies to sleep on their backs, resulting in a dramatic reduction of SIDS (Sudden Infant Death Syndrome). The AAP's "Back to Sleep - Tummy to Play" campaign reminds parents to provide babies with adequate supervised tummy time, to promote growth and development.

Not all babies enjoy tummy time. Be patient and start with small increments, even 1-3 minutes several times a day. As your baby gets stronger, their tolerance for tummy time will improve. We have provided guidelines to make tummy time an enjoyable bonding experience and a productive part of your baby's life, while mastering important skills.

Cranial Technologies® is the only company focused solely on pediatric head shape conditions. Our highly trained teams make it easy for parents to have peace of mind about their baby's head shape.

35+ YEARS

OF TREATING BABIES

With Plagiocephaly

400K+

SUCCESSFUL OUTCOMES

And counting

100+

SPECIALIZED CLINICS

Across the U.S.

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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THE UPSIDE OF TUMMY TIME

A Key Part of Your Baby's Routine



Tummy time helps babies build the strength and skills to roll, sit, and crawl. It encourages movement and adaptability to challenges. To support this, babies need supervised tummy time during waking hours and limited time in restrictive devices. This brochure includes key benchmarks and activities to help your baby thrive through tummy time.



The Leader in Pediatric Cranial Shaping Orthoses™

0-2 MONTHS

Head and Neck Control



Activity

Place your baby on their stomach. If your baby cannot lift their head, place your hand on the baby's bottom to shift the weight from the upper body. If your baby is still unable to lift their head, put a rolled towel under the chest or place them over your leg. Another option is to lay your baby on your chest, offering a secure, cuddly feeling while encouraging a head lift.

By three months your infant should spend a total of one hour a day on their tummy. This will include several smaller increments of time, improving as your baby gets stronger.

Benefit

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

3-5 MONTHS

Pre-Crawling and Sitting



Activity

Your baby has gained more back and neck strength and, when placed on their tummy, can prop themselves up on their forearms. If additional support is needed, a Boppy or rolled towel can be helpful. Enjoy floor time with your baby – use toys or mirrors to encourage weight shifting and reaching. Your baby is now able to interact with the environment at eye level.

Continue to be patient and work towards increasing the time your infant spends on their tummy. It may become a preferred position by the end of this stage. Work towards a total of 60-90 minutes of Tummy Time in a day.

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



Activity

Now your baby has become stronger in both the upper and lower back. Play games, such as “airplane” by lifting your baby up with support only on the hips and/or waist. Another variation is to rest them on your bent legs up and down.

Benefit

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

