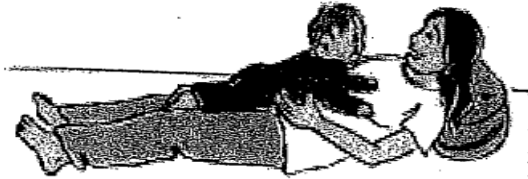


Children's Therapy and Family Resource Centre

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Tummy Time Tips



Get down on the floor and play with the baby

Blow bubbles, use mirrors or place toys in front of baby to keep him distracted



Have baby play on your tummy looking at your face



Try to incorporate tummy time frequently for short periods to get baby used to this position

Use breast feeding pillow or receiving blanket under babies chest

