

# Tummy Time & Newborn Development



Tummy time is an important activity for your baby's growth and development. It simply means placing your baby on their stomach while they are awake and supervised. This position helps strengthen the muscles needed for rolling, sitting, crawling, and eventually walking. It also supports healthy head shape and motor skill development.



**Muscle Strength:** Builds strong neck, shoulder, arm, and back muscles.



**Motor Development:** Prepares your baby for rolling, crawling, and sitting.



**Head Shape:** Helps prevent flat spots (positional plagiocephaly) on the back of the head.



**Sensory & Visual Development:** Encourages your baby to explore their environment from a new perspective.

Begin as soon as your baby comes home from the hospital. **Start with just a few minutes at a time, 2–3 times per day.** Gradually increase as your baby grows stronger and more comfortable.

## How Much Tummy Time?

### NEWBORN (0–2 MONTHS):

Start with 1–2 minutes, several times daily. Aim for a total of 15–20 minutes spread throughout the day.

### 2–4 MONTHS:

Increase to 20–30 minutes daily, in short sessions.

### 4–6 MONTHS:

Aim for 45–60 minutes daily, broken into sessions.

### 6+ MONTHS:

By this age, many babies can roll and move more freely, so tummy time happens naturally during play.

## Tummy Time Tips:

**Stay Close:** Always supervise tummy time—get down on the floor with your baby.

**Make It Fun:** Use toys, mirrors, or your face to encourage lifting the head and looking around.

**Use Your Chest or Lap:** Place baby tummy-down on your chest or across your lap if they resist the floor at first.

**Comfort:** Place a rolled-up blanket under their chest for extra support in the beginning.

**Short & Frequent:** A few minutes at a time is better than long sessions if your baby gets fussy.

## IMPORTANT REMINDERS!

- Always do tummy time while your baby is awake and supervised.
- Never place your baby tummy-down for sleep. The safest sleep position is on the back.
- Make sure the floor is firm and clear of hazards.

## Development Milestones:

### By 2 months:

Lifts head briefly while on tummy.

### By 3–4 months:

Holds head steady, pushes up on forearms.

### By 4–6 months:

Rolls from tummy to back and back to tummy.

### By 6–9 months:

Begins sitting independently and moving toward crawling.



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