



## 5 Tips for Baby Tummy Time

### Why it matters

Tummy time supports your baby's physical development by building strength in the neck, shoulders, arms and back. It also helps prevent a flat head shape. If your baby finds it tricky, keep it brief but do it often, up to 6 times a day. Frequent short quality tummy time is better than infrequent.

Here are five gentle and practical tips to help make tummy time part of your daily routine.

#### 1. Start Early and Keep It Short

Begin from birth with just 1–2 minutes, a few times a day. Build up as your baby gets stronger.

#### 2. Get Down to Baby's Level

Lay on the floor with your baby and get their eye contact. Older siblings can take part in this too! Or recline with your baby on your chest so they can see your face.

#### 3. Use a Rolled Towel or Tummy Time Pillow

Place a small, rolled hand towel under their chest for added support.

#### 4. Make it Fun

Toys, music, or gentle singing may help engage and motivate your baby.

#### 5. Practice After Nappy Changes or Playtime

Try tummy time during awake windows—and ideally not straight after feeding. After every nappy change is a great idea.

### Safety Reminders

- Always supervise your baby during tummy time.
- Place your baby on a firm, flat surface.
- Do not leave your baby to fall asleep on their tummy.

*This information sheet is for general educational purposes only. It does not replace individual health or medical advice. If you have concerns about your baby's development, feeding, or comfort, please speak to a qualified healthcare provider.*

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