Proper head shape development
Strengthening neck muscles important for lifting up the head
Supporting the baby’s weight through their arms in preparation for crawling
Strengthening the baby’s trunk muscles to lift themselves higher and rely less on their arms

Why is Tummy Time so Important?
Tummy time aids in the development of skills that will be needed for sitting, crawling, and walking! Tummy time helps with:
- Proper head shape development
- Strengthening neck muscles important for lifting up the head
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While tummy time should begin at early infancy, this flyer will focus on 3 to 4 month old babies. We will explore different positions and activities for you to do with your child to encourage their overall health and well-being. Tummy time can enhance development of motor, cognitive, socioemotional, and speech/language skills!

How do I incorporate Tummy Time into my baby’s day?
The World Health Organization recommends 30 minutes of supervised tummy time a day, but your baby may not tolerate this right away.
- Start with 3-5 minute bouts throughout the day
- Always supervise your baby
- Pay attention to when your baby starts to get tired and change positions

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How is Tummy Time?
So your baby is 3 months old, congratulations!
Over the next 2 months, your baby will be working hard towards developing head and body control as they transition to supported upright positions

Reach, Grasp, and Shake!
Around 3-4 months, your baby will start to shift their weight onto one forearm, allowing for the ability to play while in this position!

Tummy Time Activity
- Place toys of various shapes, sizes, and textures around your baby
- Your baby will begin to use their newly available arm to reach, grasp, and shake their toys
- Using their hands will help deepen fine motor skills and provide the foundation for lifelong skills, like teeth brushing or eating with a utensil!
Variety is Key!
Providing your baby with a variety of toys and objects to play with is not only fun, but can also teach them about the world around them.
For example, as a baby watches a toy roll across them, they are strengthening the muscles they use for posture and eye movement, as well as improving visual tracking, a skill we use daily to interact with our environment.

Evolving Emotion
Social and emotional development is critical for your baby to have a good sense of self and relationships with others
At 3 months you can expect your child to:
- Develop need for routine
- Learn how to calm themselves or respond to calming from the parent
- Make responsive facial expressions
At 4 months you can expect your child to:
- Attempt to vocalize emotions
- Begin learning to manipulate their environment

Let's Talk!
By 3-4 months of age, you can expect your baby to:
- Coo, make gurgling sounds, and babble
- Cry differently based on their needs
- Notice sounds, imitate sounds, and turn their head toward a voice or sound
- Show an interest in faces

Tummy Time Activity:
- Surround your baby with toys and objects that can roll across a flat surface, such as a ball or truck
- Roll the object in front of your baby from side to side
- Allow your baby to interact with the object, so they can try to roll the object just like you!

For more suggestions on incorporating tummy time into your baby's day, check out the American Occupational Therapy Association website:

References: