

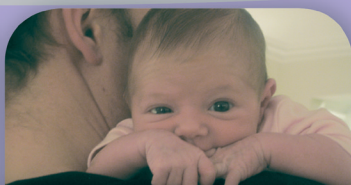
Tummy Time

Tummy to play everyday

- * Helps build muscles that your baby needs for activities like sitting and crawling.
- * Helps promote a more rounded head shape.
- * Tummy Time should be carried out as often as possible when your baby is awake, alert and happy.
- * Don't be discouraged, with practise and interaction your baby will start to enjoy being on their tummy.



**We love our
cuddle time**



"Peepo"



Flying starts young

**Ideas
for
Newborn
to 3
months old**

**Ideas
for
3 months
old to 6
months old**



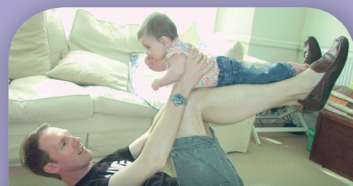
**Look how far
I can see...**



**We can all have fun
on the floor...**



**This rolled up towel helps
me to see and play**



**Babynastics -
it's fantastic**



**Look how strong
I am now**



See you later...

**Ideas
for
6 months
old to 9
months old**

If your baby has medical problems and you need further advice regarding Tummy Time, please contact your Health Visitor or Health Care Professional

**Remember your baby must always sleep on their back
to reduce the risk of cot death**



Association of
Paediatric Chartered
Physiotherapists



FIT for PLAY!

FIT for LIFE!

www.apcp.org.uk