



# Tummy Time

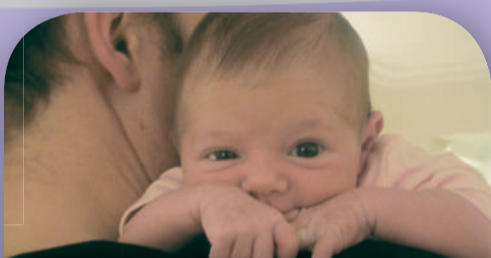
## Tummy to play everyday

### Tummy time

- 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.



**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**



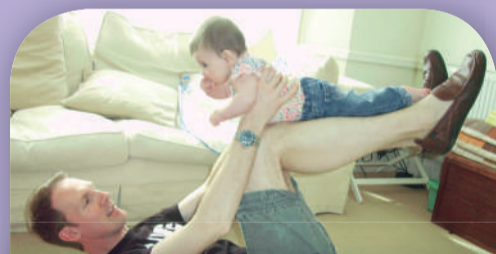
**Look how far I can see...**



**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!**

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