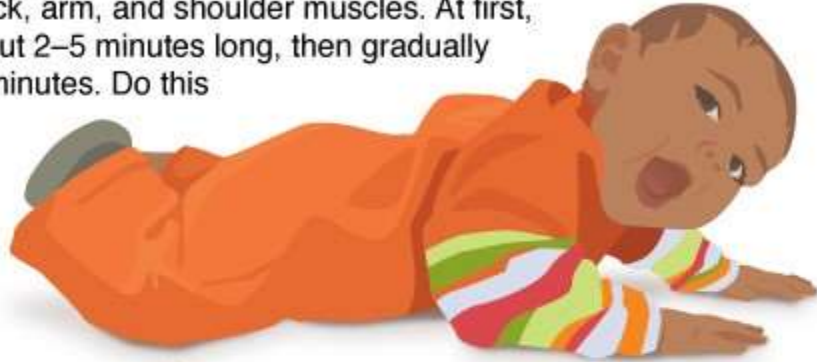




## Tummy Time

When lying on the tummy, your baby can practice lifting his or her head and strengthening the neck, arm, and shoulder muscles. At first, make these sessions about 2–5 minutes long, then gradually lengthen them to 10–15 minutes. Do this several times each day. Always watch your baby during tummy time, and never put your child to sleep on the tummy.



Here are ways to practice tummy time.



KidsHealth® All rights reserved.



**TIP** Use a toy to help keep your baby's interest.

