

For babies under 1

Tummy time helps your baby grow stronger

Tummy time is a simple way to help your baby build strength and practice moving.

What is tummy time?

- Tummy time means placing your baby on their tummy while they are awake.
- You can start from birth, but you must always watch them carefully.

Tummy time helps your baby:

- strengthen their upper body
- practice lifting their head
- get ready for rolling, sitting and crawling

Our Journey
Birth to 5 Years



How much tummy time should my baby have?

Aim for at least 30 minutes tummy time each day. This can be spread throughout the day, with a few minutes at a time until they get stronger.

How you can help

- place toys just out of reach or get down on the floor with them
- try to limit time in car seats, pushchairs, or bouncers when your baby is awake
- encourage your baby to reach, roll over and move freely.

Need advice?

For support with tummy time or physical development, contact your Health Visitor: **020 7683 4151**

Monday–Friday, 9am–5pm

hackneyandcityhealthvisiting.nhs.uk



Explore baby-friendly play spaces

Find safe and fun floor-based play areas at your local children's centre or library.

Learn more at:



**[education.hackney.gov.uk/
birthtofive](https://education.hackney.gov.uk/birthtofive)**



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