

10 NO-CRY TUMMY TIME TIPS

Every New Parent Deserves To Know

TIP 1:

Start Tummy Time early.

TIP 2:

Offer Tummy Time often each day.

TIP 3:

Be respectful & responsive by making Tummy Time a no cry zone.

TIP 4:

Don't make Tummy Time a "one and done" activity.

TIP 5:

Do as much Tummy Time as your baby can tolerate.

TIP 6:

Use an incline to make Tummy Time easier.

TIP 7:

Hold and carry your baby in Tummy Time.

TIP 8:

Get baby out of the car seat carrier or stroller for Tummy Time on the go when you aren't at home.

TIP 9:

Connect with your baby during Tummy Time.

TIP 10:

Match toys and activities to your baby's Tummy Time skills to make Tummy Time play time!