## 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.



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



FIT for PLAY!

FIT for LIFE!

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