

Tummy Time

Now, a Health Minute.

Tummy Time! It's like your baby's first workout! While your baby is awake, place your newborn on their tummy to strengthen their neck and shoulder muscles.

At first, only do tummy time for just a minute or two. If your baby enjoys tummy time, work up to 10 minutes at a time or just until he gets bored or shows signs of frustration.

Tummy time encourages your baby to lift their body weight, including their head, which is the heaviest part of the body. It strengthens muscles in your newborn's neck, shoulder and back, which prepares him for the next big steps in his development—lifting his head, rolling over and eventually crawling.

Tummy time also reduces the risk of SIDS, or Sudden Infant Death Syndrome. Remember, only do tummy time when your baby is awake.