

**Information for Patients**  
**Activities to Promote**  
**Gross Motor Development –**  
**Tummy Time**  
**Physiotherapy Service**

Tummy time is an important part of children's development and play an important part in their development of gross motor abilities.

Tummy time will encourage your baby to move their arms and legs and will strengthen their neck muscles and head control.

There are many different positions you can practise tummy time in. Only practise these positions when your baby is awake. Some children get upset with tummy time but it is important to persevere.

**Tummy time with a roll**

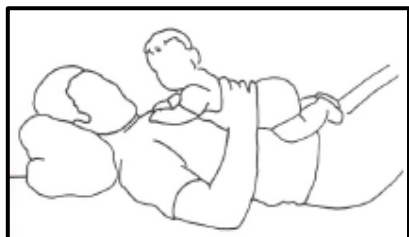
Putting a roll or rolled up towel under your child's chest will help them be able to successfully lift their head.

To keep them engaged use toys and objects they are interested in to keep their attention. This will also help strengthen their neck muscles further.



### **Tummy time on your chest**

Another way of encouraging your child to do tummy time is on your chest. You may find they are more settled here. Talking and singing to them will keep their attention.



### **Tummy time**

When your child is on their stomach using simple toys, lights and sensory objects and mirrors are great to keep them engaged.

**This document is available in Welsh / Mae'r ddogfen hon ar gael yn Gymraeg**