



Gross Motor Skills - Tummy Time

Babies spend a lot of time sleeping on their backs. When your baby is awake, allow him to spend time on his tummy to play.

Tummy time improves your baby's head control and upper body strength, which will help him in developmental activities such as crawling, rolling, sitting and walking.

Establish tummy time several times a day, and increase the duration as your baby grows and becomes stronger.

Some babies do not enjoy being put on their tummies. Try for a few minutes each time, but do this frequently, especially when your baby is rested and relaxed. Make it enjoyable - get on the floor and play.

Your baby should ideally spend half of his awake time on his tummy.

Tummy Time Tips

- Place your baby on your tummy whilst lying on your back. Talk and sing to your baby.
- Place a rolled-up towel under your baby's chest during tummy time. This allows your baby to lift and turn his head easily.
- Face your baby during tummy time. Babies enjoy looking at your face and listening to you talk to them. Encourage siblings to interact similarly with your baby, as babies enjoy playing with other children.
- Place toys in front of your baby to encourage him to reach for the toy, or even to creep or crawl to get to the toy.

REMEMBER, NEVER LEAVE YOUR BABY ALONE



Importance of Tummy Time

Strength	Regular tummy time will help your baby develop better strength in his neck and arms from an early age. This helps him in his developmental activities.
Scooting, crawling and hand use	Allows your baby to move from side to side, begin crawling and encourages him to reach out with his hands.
Balance and coordination	Develops balance and coordination which are fundamental for your baby's developmental activities.
Eye-hand coordination	Encourages your baby to receive more visual stimulation and develop eye-hand coordination as he is able to easily access your face and mouth with his hands.
Calming	Comforts your fussy baby.
Confidence and independence	Motivates him to explore his surroundings as he will be able to control his movements better.

Source: KK Women's and Children's Hospital

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