

On tummy to play-every day!



Back to sleep...
on tummy to play

Why help your baby spend 30 minutes each day playing on their tummy?

- Providing your baby with some tummy time when awake can begin from birth.
- Spending time on their tummy with you every day in a safe place can help build muscle strength and support healthy growth and development.

Why is active play, including tummy time good for your baby?

- Helping your baby to enjoy active play with you every day can help them to enjoy physical activity as they grow older.
- Physically active children are more likely to have better well-being, improved learning, motor development, bone strength and less risk of poor health such as obesity and heart conditions.
- Being strapped into a car seat, push chair or bouncer for long periods makes it difficult for your baby to practice lifting and turning their head, moving their legs, and pushing up with their arms. These movements promote sitting and crawling.

In partnership with

 **Hackney**


Homerton
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UK Physical activity guidelines state that Infants under 1 year old should:

- Be physically active several times every day in a variety of ways
- For infants not yet mobile, this includes at least 30 minutes of tummy time, while awake and spread throughout the day, (and other movements such as reaching and grasping, pushing and pulling themselves independently, or rolling over), more is better!

Remember-tummy time must only be carried out when your baby is alert, and you are watching them carefully!

First point of contact

If you have questions or concerns about your baby's physical development, or would like help with tummy time and safer sleep, you can contact the health visiting service:

Tel: 020 7683 4151 (9-5pm Monday–Friday).

Website: hackneyandcityhealthvisiting.nhs.uk/

Places to go with your baby

Your local Children's Centre and library can help you to find safe and interesting places to go with your baby to practice floor-based play.



Find out more at:

education.hackney.gov.uk/birthtofive

Our Journey
Birth to 5 Years