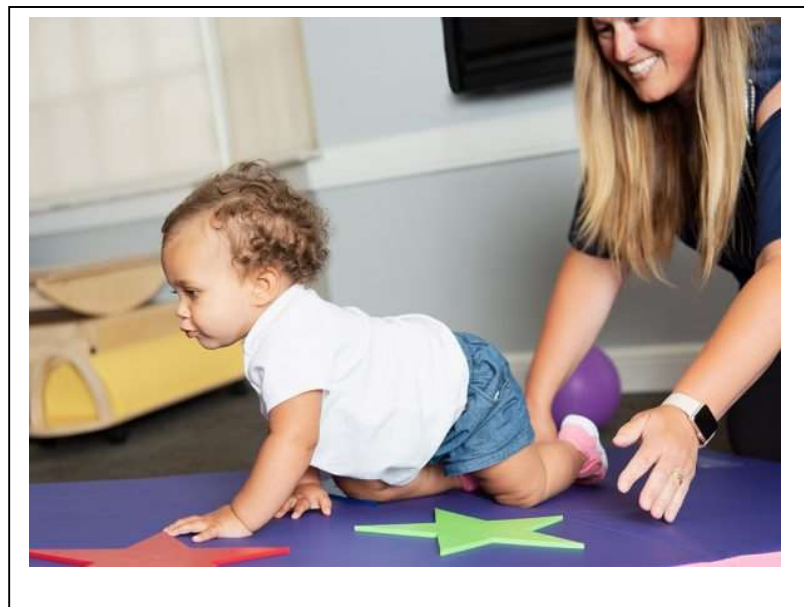


# **My Baby Hates Tummy Time! Now What?**

**Here are 7 Helpful Tips to Make Tummy Time FUN!**



Hello! Don't fret, Physical Therapy can help! My name is Chrystal, I'm a pediatric Physical Therapist. I graduated

from Idaho State University with my Doctorate of Physical Therapy in 2008. My passion is helping babies that HATE tummy time, find joy in this work. All Access Therapy is here to help if you had a baby who came earlier than planned and maybe had a stay in the NICU. We work with infants and children that are behind on her milestones and need help learning to have fun in tummy time, start rolling to get toys, sitting to play, crawling to get into

mischievous, pulling to stand and walking along furniture, walking fearlessly throughout the home, and crawling up and down any stairs that aren't gated. Our goal is to help your children have more interaction with their family throughout the day! This download is going to give you tips and tricks to get your kiddo standing and walking!

Often kids we see have a scary medical history and parent can feel lost on how to play with their baby who has a feeding tube or oxygen.

They can still play with you! We help families feel confident with managing oxygen and feeding tubes during tummy time and play. All Access Therapy can show families play activities to strengthen neck, arms, core and legs. We can help them



progress towards meeting milestones. Guess what? Babies on oxygen can still do tummy time! It's safe and good for them. However, doing tummy time flat on the ground can be too hard.



## Tip #1 Break Down Tummy Time

The easiest way to do tummy time is holding your baby on your chest in upright! This is progressing towards tummy time.



From upright, you can lay on the arm of the couch holding your baby for modified tummy time.



The next step is on the floor over a boppy/blanket/ leg.

The final step is flat on the floor.



## Tip #2 Watch Their Form

During tummy time you'll want to watch your baby and ensure he/she can lift his/her head up against gravity. If he/she can't go back one step as outlined above. The next stage might just be too hard right now. You'll want to make sure he/she has his/her elbows bend and he/she is putting weight through his/her shoulders and lifting his/her head off the support surface.



## Tip #3 Strengthen

Tummy time is the perfect time to bust out your babies' favorite toy. Excellent strengthening activities include moving his/her favorite toy from left to right and back to left to encourage him/her to follow that toy and turn their head.



## **Tip #4 Get on the Ground and Play with Them!**

Tummy time is the perfect time to get down on the floor and play with your baby. Babies LOVE to have our full attention and tummy time is the perfect time to give it to them. We can lay on our tummies with them or have them lay on our legs. We can sing their favorite (or our favorite) songs to them.



## **Tip #5 Watch Your Timing**

It's important to read your babies cues. Are they happy? Perfect time for tummy time. Have they just eaten? This is not a good time for tummy time. Your baby is likely to spit up or vomit if tummy time is done just after eating. It's better to wait 30 minutes after eating to begin tummy time. Is your baby upset and ready for a nap? This is not a good time for tummy time.

## **Tip #6 Listen to Your Baby**

The goal for tummy time is 60 minutes every day. For kiddos that HATE tummy time this can seem unrealistic. However, it's ok to break this up. If your kiddo is happy and ready for tummy time, do it! But after 5 minutes, my baby is so upset. That's ok, try to step it down like earlier in this book and make it easier. Didn't work? Stop and try again when your baby is happy and ready later. I'd keep it happy and do a little at a time.

## **Tip #7 Call All Access Therapy for Additional Help if Needed**

I know these strategies will make your life easier. However, if it's not quite enough please reach out to us at All Access Therapy at 208-428-6079, we'd love to help you and your baby. Email: [info@allaccesstherapyid.com](mailto:info@allaccesstherapyid.com)

Thanks for reading! In the coming weeks, I'll be sending you even more tips and advice the best that they can be and realize their full potential. I hope this is the beginning of a great long-term relationship when myself and my colleagues become the source of leading edge health advice to make a real difference in your lives.