

TUMMY TIME

Kit QT:

Tummy Time is an activity that is so important for infants and yet the importance of it is often times overlooked. So many wonderful interactions and outcomes can occur from helping a child engage in tummy time. These outcomes can be seen in multiple domains such as gross motor development, social interactions, and early language/communication skills. Tummy Time is not simply placing an infant on their tummy and expecting he or she to enjoy that position by themselves for long amounts of time. Instead tummy time provides a great opportunity for caregivers to interact with more than one infant at a time while providing benefits to the infant(s). Tummy time helps develop muscles that are needed for rolling over, crawling, turning head to both sides and helps to strengthen those muscles that aid in swallowing and eating. In addition to gross motor development, tummy time can provide opportunities for social interactions. Activities such as looking at a book or looking at caregiver from a new angle, and being face to face with a peer are all beneficial to encourage social emotional skills as well as early language skills. This Virtual Tool Kit will show the importance of tummy time and early infant development.

SHOW ME NOW – I NEED IT TOMORROW:

[Tummy Time and Free Play in Infants](#)

[0 – 3 Months Motor Milestones](#)

[Tummy Time Activities](#)

[Tummy Time](#)

[Five Essential Tummy Time Moves](#)

WHAT DOES THIS LOOK LIKE IN PRACTICE? (I HAVE A LITTLE MORE TIME TO READ ABOUT THIS.):

[Lack of Tummy Time and Motor Delays](#)

[Back to Sleep Tummy to Play](#)

[Flat Head Syndrome & Your Baby](#)

[Tummy Time at Child Care](#)

[Activities to Strengthen Baby](#)

WHAT DOES THE ECRC HAVE ON THIS TOPIC?

Cryer, D. (1987). *Active Learning for Infants*. Dale Seymour Publishing.

Towombly, E. & Fink, G. (2004). *Ages and Stages Learning Activities*. Brookes Publishing.

Hurley, D. (2000). *Developing Fine and Gross Motor Skills: Birth to Three*. Pro Ed.

HOW CAN I FIND TRAINING MATERIALS ON THIS TOPIC?

KCCTO Inc. Online Training Courses at www.kccto.org

Basic Child Development

Child Development: Connecting Development to Practice

Infant and Toddler Child Development

The Healthy Child from American Academy of Pediatrics

Motor Delay Tool

<https://www.healthychildren.org/English/MotorDelay/Pages/default.aspx>

WHAT IF I STILL NEED HELP?

You may request technical assistance from the KCCTO-KITS Infant Toddler Network Specialists by calling the KCCTO office at 800-227-3578.

EVALUATION

Please take a minute to complete a brief survey to let us know what you think about this virtual kit, and what other topics you would like to see addressed in the future:

<https://www.surveymonkey.com/r/975D7BQ>

REFERENCES:

American Academy of Pediatrics. (2017). *Back to Sleep Tummy to Play*. Retrieved from <https://www.healthychildren.org/English/ages-stages/baby/sleep/Pages/Back-to-Sleep-Tummy-to-Play.aspx>

American Academy of Pediatrics. (2016). *Flat Head Syndrome & Your Baby: Information about Positional Skull Deformities*. Retrieved from <https://www.healthychildren.org/English/health-issues/conditions/Cleft-Craniofacial/Pages/Positional-Skull-Deformities-and-Torticollis.aspx>

American Physical Therapy Association. (2008). Lack of 'Tummy Time' Leads to Motor Delays in Infants, PTs Say. Alexandria, VA.

Klemm, S. (2014, January 10). *Tummy Time Video for Baby* [video file]. Retrieved from https://www.youtube.com/watch?v=A49xH_9x5ts

National Center on Early Childhood Health and Wellness (producer). (2018, March 7). Tummy Time and Free Play for Infants [video file]. Retrieved from <http://eclkc.vzaar.me/12316150>

Pathways (producer). 0 to 3 Month Baby – Motor Milestones to Look For. Retrieved from <https://pathways.org/watch/0-3-month-baby-motor-milestones-to-look-for/>

Pathways (producer). Tummy Time. Retrieved from https://pathways.org/topics-of-development/tummy-time-2/tips/?gclid=Cj0KCQjwkKPVBRDtARIsAA2CG6Gk-rlso37xQ8PUf8b1Zzmgyq3KYxPRC-3tpGfslxkGw9AeCu8xYAaApv1EALw_wcB

Pathways. (2012, February 28). *Five Essential Tummy Time Moves, How to do Tummy Time* [video file]. Retrieved from <https://www.youtube.com/watch?v=M3rCtW9DMD4>

Tummy Time: Activities to Strengthen Baby [Brochure]. (2016). Pathways.org

Zachry, A. (2015, November 21). *Tummy Time Activies*. Retrieved from <https://www.healthychildren.org/English/ages-stages/baby/sleep/Pages/The-Importance-of-Tummy-Time.aspx>