

# tummy time

Before we give our little one's their break, we are going to do some tummy time. So roll your little one onto their front, move those little arms forward, totally distract them with the toys you have got. Get down beside them if it helps, let them look at another little one if it helps.

Don't do tummy time if your little one has just had a feed, make sure that you get an opportunity to do it later on.

Tummy time is brilliant for strengthening not just our necks and shoulders, but all the muscles in our bodies - our arms, hands and fingers, trunk, legs, feet and toes.

We are really responsive during tummy time. As soon as your little one tells you that they have had enough we lift them up and give them a big cuddle. Never power on through, be super responsive and do tummy time often.

## Notes

we wouldn't do tummy time when little ones have just been fed, so if you have had a baby who has fed throughout the first half of the class, make eye contact and let mum know that it is ok to miss it out. The pressure of being on their tummy could bring up their feed.

If a little one is in a pavlik harness because of hip defomity then tummy time isn't recommended, the parents will know this and will have been well warned by their team but just make sure that everyone is safe.

If a little one is becoming upset, make eye contact and let the parent know it is ok to lift them