

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, wrists and fingers, trunk, legs, feet and toes, helps our posture and our muscles for sitting and standing, helps breathing and digestion.

Lots of little ones don't like tummy time and it is completely normal ,they are lifting the heaviest part of their body up against gravity, so doing it little and often can help them get stronger, it is just a position to play and the more we do it the stronger our little ones get.

Our best tummy time tips are to be round the front of them so they can still see you, talk to them and distract them where possible, let them look at another little one if it helps and as soon as they have had enough lift them up and give them a cuddle whether it is 2 seconds or 2 minutes, don't power on through.

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.



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Notes

Parents can be really anxious during tummy time, you can see them take an intake of breath when they hear we are going to do it. They are scared of little ones getting upset in a class environment so lots of reassurance that they are going to be lifted before that happens.

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.

If a parent says that a little one is not medially fit for it, we totally respoect that, sometimes it can be hernia, digestion, breathing or a motor control issue. Do message if you need any support.

If little ones don't like lying flat, you can offer a little pillow (if there is one in the theme) or a rolled towel to raise them at the shoulders, making sure that hips are still on the mat. Tummy time rolls are too deep for little people, we want to make sure that hands can still reach the mat. As little ones get stronger the rolled towel or cushion can be reducted so they are lifting from the ground.