

LifeScape+

Tummy Time

Birth - 1 Month

What you might see: Legs bent and hands by face, head stays turned to one side.

Tip: Start with 1-2 minutes of supervised tummy time every time your baby is awake.



1 Month

What you might see: Starting to lift and turn head.

Tip: Use toys with lights, colors, and music to encourage your baby to raise their head.

2 Months

What you might see: Holding head up for short periods, starting to push through elbows.

Tip: Join your baby on their tummy so they see you when they lift their head. Soft mirrors and low hanging toys are great too.



3 - 4 Months

What you might see: Head stays lifted, uses arms to raise chest, may be starting to roll off tummy.

Tip: If your baby rolls off their tummy, help them roll back over so they can continue tummy time.

5 - 6 Months

What you might see: Starting to roll onto tummy or spin in circles.

Tip: Place toys just out of reach or use toys that roll away when pushed to start encouraging your baby to explore moving around.

6 - 7 Months (and later)

What you might see: Getting onto hands and knees, army crawling.

Tip: Time to baby proof! Make sure you have safe places in your home where your baby can explore their new independence.

It's never too late to start tummy time!

**Want to learn more about
Tummy Time?**

Visit [LifeScapeSD.org/Resources](https://www.lifescapecsd.org/resources)