COMPLETE & CONTINUE  $\rightarrow$ 

their back, neck, and trunk on their way to meeting developmental milestones.

# Here are the top five moves you can begin as soon as your baby is born:



### Tummy to Tummy

Lie down on the floor or a bed, flat or propped up on pillows. Place your baby on your chest or tummy so that you're face-to-face. Always hold firmly for safety.



### **Eye-Level Smile**

Get down level with your baby to encourage eye contact. Roll up and place a blanket under the chest and upper arms for added support.



### Lap Soothe

Place your baby face-down across your lap to burp or soothe him. A hand on your baby's bottom will help him feel steady and calm.



#### Tummy-Down Carry Slide one hand under th

Slide one hand under the tummy and between the legs when carrying baby tummy down. Nestle your baby close to your body.



### Tummy Minute

Place your baby on her tummy for one or two minutes every time you change her. Start a few minutes at a time and try to work up to an hour a day in short intervals by the end of three months. Don't get discouraged. Every bit of Tummy Time makes a difference!

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## Learning Support: Essential Tummy Time Moves

