

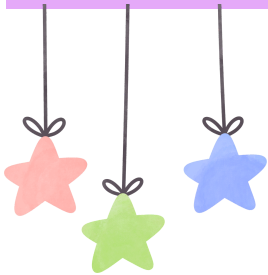
# TUMMY TIME ALTERNATIVES

## Chest-to-Chest

- Recline back on a couch or bed and place your baby tummy-down on your chest.
- Talk, sing, or make eye contact to keep them engaged.
- Benefits: Builds head control, promotes bonding.

## Over the Lap

- Sit comfortably and lay your baby across your lap, tummy-down.
- Support their head and gently rub their back.
- Benefits: Great for short bursts of tummy time and soothing fussiness.



## Tummy on a Roll

- Place a rolled towel or small pillow under your baby's chest.
- Position their arms forward over the roll to support pushing up.
- Benefits: Encourages reaching and weight-bearing through arms.

## Parent-Assisted Lift

- Sit on the floor with your legs stretched out.
- Place your baby tummy-down across your thighs and support their chest with your hands.
- Benefits: Builds strength in a supported, elevated position.



## Tummy Time with Props

- Place a mirror, colorful toy, or board book just out of reach.
- Encourage your baby to look up and reach forward.
- Benefits: Stimulates visual tracking, reaching, and play skills.

