



# LIBÉREZ VOS BÉBÉS !

AKA A SHORT GUIDE ON HOW TO DO TUMMY TIME

## FROM BIRTH TO 2 MONTHS

Place your baby on its stomach. Since its neck muscles are weak, place the head on one or the other side to clear its airways. It is important to always symmetrize baby's movements or postures. For example, you can alternate placing the head on the right cheek and then on the left one. Your baby will strengthen its neck and upper body muscles and gain endurance. The little one will hold its head up better with time. You could place a mirror in front of your baby or use the opportunity to massage your bundle of joy.

At this age, you can include tummy time:  
on the changing table during each change,  
on you, varying the inclination of baby's head,  
on a nursing pillow  
with a rolled towel under baby's armpits



## BETWEEN 3 AND 5 MONTHS

Once your baby is used to being placed on its tummy, it will be able to start positioning itself on its forearms, pushing off the floor, and lifting the upper body. Enjoy spending time on the floor with your baby. Use toys or mirrors and encourage your little one to transfer its body weight from one arm to the other. This is the beginning of crawling. This is the time your baby is interacting with you and his environment.

## BETWEEN 3 AND 5 MONTHS

Your baby is free to move around, roll over, crawl, lift its pelvis and roll over. At each stage of your baby's motor skills development, make sure that its movements are symmetrical, e.g. that your baby moves equally on both its right and left sides.