



Fun Tummy Time Tricks

Use props

When your baby is two or three weeks old, it's time to move down to the floor for tummy time. "Put your baby's chest against your nursing pillow, a rolled-up blanket or a beach towel, again at a 30- to 45-degree angle, so that she can get her arms forward to start to brace herself," says Halfin. As time goes on, use smaller props, such as a rolled-up kitchen towel. Place a book, toy or even yourself in front of her as entertainment. Now is a great time to break out your favourite nursery songs with hand motions, like patty-cake.

Have a seat

You can also sit on the floor with your legs outstretched and your baby's chest against your legs. Talk, sing and rub her back—it will help soothe her and may stop the tummy time tears.

Be entertaining

Once your baby is three or four months old, she can be on her tummy on the floor without any props. "Get on the floor, face to face, so your baby can see you," advises Halfin. "You can also use a small mirror at a 45-degree angle so that your baby is motivated to see her own face. Any sort of pattern, especially black and white, is visually stimulating and entertaining, too." If your baby becomes tired or cranky, try adding a prop, like a blanket, to make it easier for your baby.

Rock and roll

Get out your exercise ball and place your baby on top, tummy down (you may want to place a blanket on the ball to make it cozy for her). While keeping a firm hand on her so that she doesn't slip, gently roll backwards, forward and side to side and even bounce a little. Halfin explains that this move helps baby develop proprioception, which is an awareness of where her body is in relation to her environment. Your little one can start this tummy time activity shortly after birth—just make sure to stay nice and close to your baby