

TUMMY TIME EVERY DAY



Tummy time



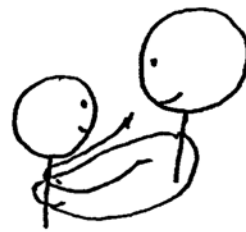
builds big muscles



and small muscles.



It's hard work to start,



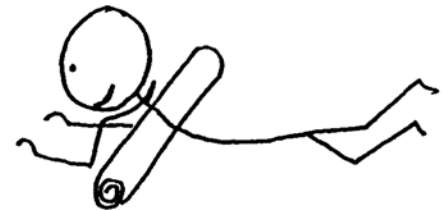
but you can help. Try:



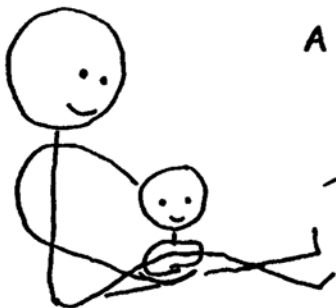
Face to face



A nursing pillow



A rolled receiving blanket



A leg prop.

