

# Tummy Time is Terrific!

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Tummy time is an important building block for motor skills. It strengthens the anti-gravity muscles which are part of all posture and balance.

On their tummies, babes get their first experience of weight-shift, calling up the very important twisting reactions they need for all functional movement.

In addition, the active lift-off they develop through the shoulder girdle helps to "set" the shoulders, giving a solid base on which fine motor skills can be built.



To start with, the elbows tend to pull behind the shoulders, making head lifting and push-ups VERY hard work.

It's a much easier job if some of the gravity challenge is reduced. Any forward incline you can provide for your babe will make things happier for everyone. Use the palm of your hand(s) to support the elbow.



When the incline is going well, gradually decrease the angle so there's more anti-gravity work. You can help make tummy lying on the floor easier by rolling a receiving blanket and placing it under your babe's chest just below the armpits.

Have Fun!



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