

Health Information




Research

Funding

News & Media

About NICHD

Last Update: 09/10/2006

 [Printer Friendly](#)  [Email This Page](#)  [Download Adobe Reader](#)

#### Health Information

[A to Z health & human development topics](#)

[Clinical research & clinical trials](#)

[Health education](#)

[Publications & materials](#)



## Tummy Time

### What is Tummy Time?

Tummy Time means allowing for your baby to be on his or her stomach while the baby is awake and someone is watching.



**Your baby needs Tummy Time!** Place babies on their stomachs when they are awake and someone is watching. Tummy time helps your baby's head and neck muscles get stronger and helps to prevent flat spots on the head.

### Why is Tummy Time important?

Babies need time on their stomachs to help strengthen their head, neck, and shoulder muscles. Tummy time is an important way to help them build this strength.

Healthy babies should be placed on their backs to sleep for naps and at night to reduce the risk of [Sudden Infant Death Syndrome \(SIDS\)](#). But babies who are always on their backs can sometimes get flat spots on their heads. Providing Tummy Time when your baby is awake and someone is watching can help prevent these flat spots.

### Are there other ways to help prevent flats spots on a baby's head?

- Changing the direction that your baby lies in the crib from one week to the next. For example, have the baby's feet point toward one end of the crib for a few days, and then change the position so his or her feet point toward the other end of the crib. This change will help make sure the baby is not resting on the same part of his or her head all the time.
- Avoiding too much time in car seats, carriers, and bouncers while awake. Also, get "cuddle time" with the baby by holding him or her upright over one shoulder often during the day.

### Where can I get more information on Tummy Time?

- [Back to Sleep campaign publications and materials](#)

#### For More Information:

##### Clinical Trials

- [All Related Clinical Trials](#)

##### News Releases

- [Adding nevirapine to HIV regimen halves newborn transmission rate](#)

[All Related News](#)

##### Publications/Materials

- [The National Children's Study \(General Brochure\)](#)
- [Back to Sleep Campaign Materials Order Form 2010](#)

[All Related Publications](#)

##### Web Sites

- [American Academy of Pediatrics Policy Statement on SIDS](#)
- [Back to Sleep Campaign](#)
- [CE Activity for Pharmacists: SIDS](#)

[All Related Web Sites](#)

#### Contact Information:

NICHD Information Resource Center  
 Address:  
 P.O. Box 3006  
 Rockville, MD 20847  
 Phone: 1-800-370-2943  
 Fax: 301-984-1473  
 E-mail:  
[NICHDIRC@mail.nih.gov](mailto:NICHDIRC@mail.nih.gov)  
[All Contacts](#)

[NICHD Home](#)

[Accessibility](#)

[Contact](#)

[Disclaimer](#)

[FOIA](#)



[NIH Home](#)



[DHHS Home](#)



*NIH... Turning Discovery Into Health*