



# Benefits Of TUMMY Time

Muscle development caused by tummy time can help in **preventing SIDS**.



Tummy time exercises can strengthen your baby's **neck muscles** and **control**.



Tummy time can enhance the child's **motor skills**.



The increased visual reach creates a better **bonding experience**.



Tummy time helps in **developing coordination** and **balance**.



It keeps the baby from **developing a flat spot on the head**.



#### References

1. Babies need tummy time; NICHD
2. Tummy time; Pregnancy, Birth, And Baby
3. The Importance of Tummy Time; Boys Town Pediatric
4. Infants: Why is tummy time important?; The Warren Center