skills on the hill pediatric therapy

Tummy Time Troubleshooting

For babies who hate being on their belly

Tummy time builds the neck, back, and shoulder strength babies need to roll, sit, crawl, and eventually reach and grasp. If your baby protests, you're not alone - here's how to make it work.

NOTICE | TRY | BUILD | CONNECT | GROW

Why it matters

Strengthens the whole core, helps shape the head, and lays the groundwork for motor and fine-motor skills

Start small

Even 1-2 minutes counts; do short sessions several times a day

Helpful idea

Build toward about an hour total (spread out) by 3 months

Make it comfortable

Try after a nap and diaper change, not right after eating

Use a firm surface with a rolled towel under the chest

Get face-to-face

Lie down at their level; use a mirror; sing or shake a toy - your face is the best motivator

Try other positions

Tummy-down on your chest, across your lap, or carried "football" style all count

When to check in

Always turns head one way, strong arching or stiffness, not lifting head by 3-4 months, or a flat or tilted head - worth a PT look

Parent tip: Start small. Pick one idea that fits your family, practice it consistently, and build from there.