



Tummy Time
Ohio Administrative Code 5101:2-12-23 and 5101:2-13-23
August 2017

RULE SUMMARY

Child care programs are required to provide each non-crawling infant the opportunity for tummy time each day.

TUMMY TIME BEST PRACTICES AND BENEFITS

- Tummy time is when infants (children under 18 months of age) are placed on their stomachs for short sessions (3-5 minutes) two to three times per day. As infants grow, the tummy time session can be lengthened.
- Infants should be placed on a clear area of the floor using a blanket under the infant for comfort.
- Infants must be alert and awake during tummy time.
- Infants must be supervised at all times including during tummy time.
- Providers should put a developmentally appropriate toy within the infant's reach to encourage the infant to learn to play and interact with their surroundings.
- The following are benefits of tummy time:
 - Helps to develop strong head, neck and shoulder muscles
 - Promotes infant's motor skills
 - Helps to prevent the infant's head from developing a flat spot on the back of his head



FREQUENTLY ASKED QUESTIONS

- How old must an infant be to begin tummy time?
 - Tummy time can begin as soon as an infant is born. Tummy time is important for an infant's motor development.
- Can the infant do tummy time in the crib?
 - No, tummy time should only occur on a solid surface such as the floor using a blanket for comfort. The mattress of a crib is soft and could pose a suffocation risk. The purpose of tummy time is to provide the opportunity for the infants to interact with their environment while on their tummy, promote sliding and crawling on their tummy and develop the muscles required to begin crawling.
- Where can I find more information on tummy time?
 - American Academy of Pediatrics website- <https://www.aap.org/en-us/about-the-aap/aap-press-room/aap-press-room-media-center/Pages/Tummy-Time.aspx>
 - Safe to Sleep website from the National Institute of Child Health and Human Development- <https://www.nichd.nih.gov/sts/about/Pages/tummytime.aspx>
- When do we stop tummy time?
 - Tummy time can be stopped once the child is crawling.