



# Tummy Time Made Simple

How to start, why it matters, and what  
to do if your baby hates it

[LEARN ABOUT INFANT OSTEOPATHY](#)

[BOOK APPOINTMENT](#)



## Back to sleep. Tummy to play.

- Start from the first days home
- Keep it short and frequent
- Always awake and supervised
- Build gradually over time

## What is tummy time?

Tummy time = your baby lying on their tummy while awake and supervised

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- ✓ On your chest
- ✓ Across your lap
- ✓ On the floor

Not for sleep

## How much is enough?

- Start small → build gradually
- Aim for 15–30 minutes total/day
- Not all at once
- Follow baby's tolerance

## Why it matters

- Builds head and neck strength
- Strengthens arms and shoulders
- Helps with rolling and reaching
- Supports movement development
- Reduces risk of flat spots

## Start simple

- Begin with 30–60 seconds
- Do it 2–5 times per day

Try after:

- diaper changes
- naps

## Safety first

- Always supervised
- Never for sleep
- Firm surface only
- No pillows or soft props

STOP if:

- breathing difficulty
- color change
- distress



## Watch for these signs

- Always looks one way
- Flat spot developing
- Difficulty turning head both ways
- Tummy time not improving
- Delayed head control

## Don't forget position variety

- Also include:
- side-lying play
- upright holding
- floor play

Limit time in:

- car seats
- swings
- bouncers

## If your baby hates it

- Start on your chest
- Keep sessions short
- Try when calm
- Get face-to-face
- Stop before distress

## When to get support

- Persistent asymmetry
- Head shape changes
- Feeding + tension concerns
- Ongoing difficulty with tummy time
- Early support is simple and effective

# now what does this actually look like?

let's look at it though the eyes of an osteopathic practitioner



Gestational age and birth dates are different things. If premature your baby may achieve milestones a little later.

## 0-1 month



Chest to chest tummy time. Watch for head rotational preferences and switch directions often.



## 1-3 months



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## 2-3 months



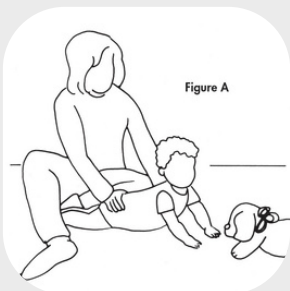
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## 3 months +



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# track it

## WEEKLY TRACKER (PARENT-FRIENDLY)

Support for feeding difficulties, torticollis, flat head shape, colic, reflux, and general tension or discomfort after birth.

| Day       | # of Sessions | Longest time tolerated | Mood                                                                                                                                                                                                                                                         | Notes |
|-----------|---------------|------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------|
| Monday    |               |                        |          |       |
| Tuesday   |               |                        |          |       |
| Wednesday |               |                        |          |       |
| Thursday  |               |                        |       |       |
| Friday    |               |                        |    |       |
| Saturday  |               |                        |    |       |
| Sunday    |               |                        |    |       |

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# Who I Work With

## Babies & Newborns



Support for feeding difficulties, torticollis, flat head shape, colic, reflux, and general tension or discomfort after birth.

## Pregnancy



Support for back pain, pelvic discomfort, rib pain, headaches, and general changes that come with pregnancy.

## Postpartum



Recovery after birth, neck and shoulder pain from feeding and carrying baby, C-section scar support, and return to movement.

## Women Care



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# A Different Pace of Care

Appointments are never rushed. Babies are always treated gently and at their own pace.

Parents are always part of the process.  
Care focuses on listening, understanding, and supporting the body rather than forcing change.

Many parents come in feeling unsure or overwhelmed, and leave feeling calmer, more confident, and better able to support their baby at home.



# What Happens During an Appointment?

Appointments begin with time spent understanding your concerns, your pregnancy or birth experience, and how your baby is feeding, moving, and settling.

Treatment is very gentle and guided by your baby's comfort. We pause when needed, and feeding, changing, or settling your baby is always okay during the visit.

You will often leave with simple suggestions or exercises to continue supporting your baby at home.

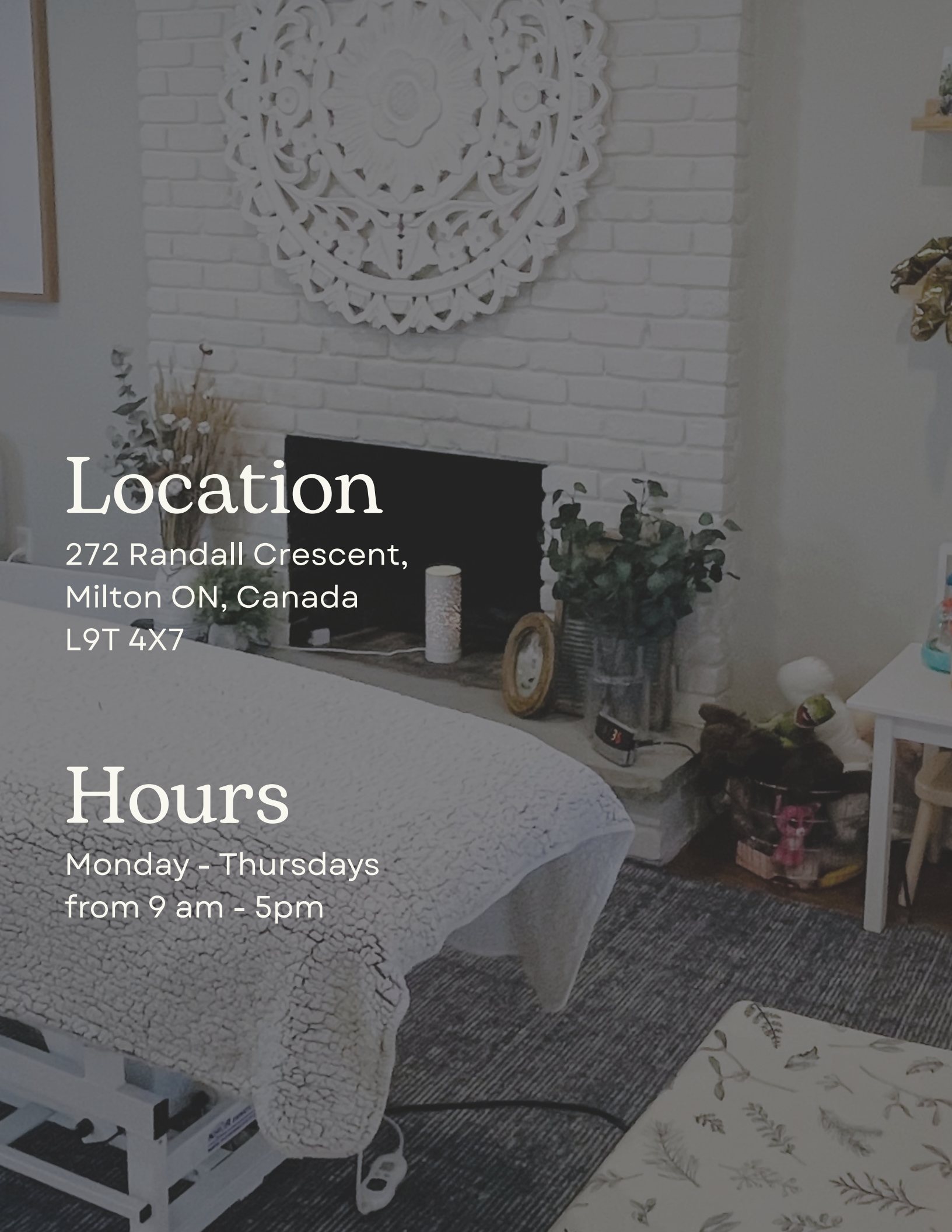
**WHAT TO EXPECT**

# Ready to Book an Appointment?

Newborn appointments are always prioritized in the first weeks of life.

If you are unable to find a time online, please reach out and we will try to accommodate you.

**BOOK APPOINTMENT**



# Location

272 Randall Crescent,  
Milton ON, Canada  
L9T 4X7

# Hours

Monday - Thursdays  
from 9 am - 5pm

BOOK  
APPOINTMENT

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WHAT TO  
EXPECT

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The Town of Milton resides on the Treaty Lands and Territory of the Mississaugas of the Credit First Nation and traditional territory of the Huron-Wendat and Haudenosaunee people.

