

# ALTERNATIVES TO TUMMY TIME

There is nothing wrong with letting your baby work through tummy time frustration, but if you see a constant pattern of discomfort, here are some alternative positions to try out so your baby can strengthen their muscles and meet their milestones!

01

**CARRY BABY IN A FOOTBALL HOLD**



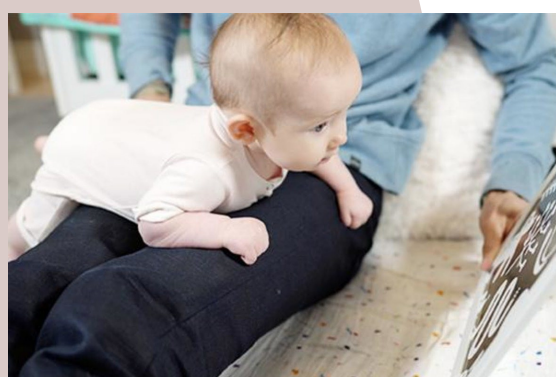
02

**LIE BACK AND PUT THE BABY TUMMY DOWN ON YOUR CHEST**



03

**PUT BABY TUMMY DOWN ACROSS YOUR LAP**



04

**LAY BABY ON THEIR SIDE**



05

**POSITION BABY TUMMY DOWN ON EXERCISE BALL (HANDS-ON SUPPORT)**



06

**USE PILLOW OR WEDGE UNDER BABY'S SHOULDERS TO KEEP BABY PROPPED UP DURING TUMMY TIME**



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