

All of our Therapists have a degree or equivalent in Occupational Therapy or Physiotherapy, some to Masters level. All our therapists are registered with the Health Professions Council and receive regular post graduate training.

Our service is founded in evidence-based practice and is benchmarked against other local services and best practice groups.

We continue to review our service to make sure that it meets the needs of those who are using it.

We would appreciate any suggestions on how we may improve and also comments on what was good about the service.

If you have any compliments, suggestions or complaints, please write to or contact:

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Tummy Time



Tummy time

Your baby should always be placed on his/her back to sleep. However when awake, happy and supervised your baby should spend time playing on his/her tummy, at least three times every day. Tummy time is an essential building block for developmental progress. Not all babies like going on their tummies initially and may cry. It is important that tummy time is introduced from birth for short periods of time and tolerance slowly built up.

Why is tummy time important?

- It encourages your baby to lift his/her head to develop head control.
- Strengthens your baby's neck, shoulder and back muscles which your baby needs for motor activities such as sitting and crawling.
- Enables your baby to move from side to side which allows them to learn how to reach and roll.
- Helps your baby avoid a flattened head shape and promotes a more rounded shape.

Ideas to promote tummy time in your baby's day

Place mirrors, bright colourful or musical toys nearby to encourage your baby to lift their head.

From new born:

You can start by placing your baby on your chest while you are sitting or lying on your back. Ensure your baby is facing you so that when they attempt to lift their head they will see your face.



3 months and older:



A rolled up towel can help if your baby is struggling to lift their head up.

Points to remember:

- Make sure your baby is awake and supervised for tummy time.
- Always place your baby on a flat, firm surface for tummy time.
- It is recommended that babies have tummy time as often as possible, at least every day.