

Baby Massage - Tummy Time



Back

Babies spend so much time on their backs, lying down and sitting in car seats/buggies/prams. This is a great way to stretch out and relax the muscles while baby has some much needed tummy time. Turn baby over on his/her tummy. This is brilliant for strengthening the neck and back muscles. Do not put any pressure on baby's spine.

Cup baby's bottom in your hand and stroke from the neck to the buttocks.

Place your hands on baby's back and paddle them across the width of baby's back, backwards and forwards.

To relax the muscles of the back, make little circles with your fingers, working either side of the spine. Finish off by repeating the paddling stroke from the neck to the buttocks.

Regular tummy time is key for baby's development, helping to strengthen their neck. You can use toys or mirrors to distract your baby or encourage them to look forward.