

# Provider Tip of the Week

December 8, 2021

## Tummy Time

As you know, many caregivers may avoid doing tummy time, since babies often get a little fussy when on their tummy. By modeling and discussing it in the visit, you can help caregivers understand how important tummy time is to build a child's autonomy, self-regulation, and motor skills. Your words can encourage caregivers to do it throughout the day and give them strategies to help their baby be less distressed during it!

See this video for an example:



Watch the Video!

Provider Tips powered by the Keystones of Development curriculum, login at [parenting.mountsinai.org/providers/](https://parenting.mountsinai.org/providers/) to learn more.