



# Tummy Time

- Tummy Time is for babies who are awake, alert and being ***directly*** attended to. This means:
    - Staff/Providers sitting on the floor with the infant within arm radius while maintaining eye contact
    - No more than 3 – 5 minutes twice per day for a child who can not roll over
    - Increasing to 10 minutes twice per day for a child who can roll over
    - Maximum of 20 minutes twice per day for an infant who is getting ready to pull themselves up
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