

Why Do Babies Need Tummy Time?

Once upon a time, babies spent long hours on their bellies, snoozing away in their cribs. Experts now know that stomach-sleeping increases an infant's risk of sudden infant death syndrome, or SIDS; **babies should be placed to sleep on their backs**, with no crib bumpers, blankets, pillows or fluffy toys in the crib or bassinet, until 12 months of age. If your baby is rolling over while sleeping, you don't need to worry – this is normal as your child grows bigger and stronger, and you do not need reposition your baby to lay on their back unless they are swaddled.

While back-sleeping is undeniably safer for babies who can't roll over on their own yet, it comes with a downside. Babies today are prone to developing flat spots on the head and tight muscles on one side of the neck. Tummy time can prevent these issues, so it's important to do your best to position your baby on his tummy throughout the day.