



Tummy Time Challenge

Short, happy practice through the day

A gentle two-week tummy-time tracker with playful ideas. There is no target your baby has to 'pass'.

HOW TO USE THIS PACK

- Offer short supervised tummy-time opportunities when your baby is awake and alert.
- Start with brief sessions and build up gradually if your baby is comfortable.
- Stop if your baby is distressed or unwell, and ask your health visitor if you are concerned.

THIS PACK BELONGS TO

Name

Date started



Play Ideas to Try

Mirror time

face to face



Rolled towel support

under the chest, supervised



Chest to chest

you recline, baby on you



Cloud gazing

outside on a blanket



Rattle tracking

move slowly side to side



Sing a song

your voice is enough



Ball roll

slowly past



Book

high contrast



Sibling hello

older child chats nearby





Two-week Challenge Chart

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 1 - Session 1	☐	☐	☐	☐	☐	☐	☐
Week 1 - Session 2	☐	☐	☐	☐	☐	☐	☐
Week 2 - Session 1	☐	☐	☐	☐	☐	☐	☐
Week 2 - Session 2	☐	☐	☐	☐	☐	☐	☐
Bonus Play	☐	☐	☐	☐	☐	☐	☐



What You Might Notice

Babies develop at different rates. Use these as broad observations, never deadlines.

☐ Brief head turns and lifts

☐ More time propped on forearms

☐ Increasing head control

☐ Reaching or shifting weight

☐ Beginning to roll when ready

Anything I want to ask my health visitor about