

§742.508. What are the requirements when an infant is engaged in tummy time?

When an infant is positioned for tummy time activities, you must:

- (1) Ensure that you can see and hear the infant [High];
- (2) Move the infant into another position as necessary to maintain the infant's comfort and safety [High]; and
- (3) If the infant has fallen asleep, move the infant immediately into a face-up position as required by §742.507(a) of this subchapter (relating to What additional requirements apply when an infant is sleeping or resting?) [High].

Helpful Information

- Tummy time is for an infant who is awake and being watched. You must be able to both see and hear an infant who is on his or her tummy so that you can intervene if the infant falls asleep or has difficulty breathing. If you must step away from the room where an infant is in tummy time and will no longer be able to see and hear the infant, you must remove the infant from tummy time.
- You should play and interact with the infant while the infant is awake and on the tummy throughout each day for a short period of time (3-5 minutes), increasing the amount of time as the infant shows he or she likes the activity.
- Providing tummy time throughout the day develops an infant's arm, shoulder, stomach, and back strength. It also prepares the infant for rolling and crawling. Tummy time gives the infant a new perspective on the world, which builds thinking skills. When an infant reaches for toys in tummy time, the infant is developing arm, hand, and finger skills, and hand-eye coordination. Once an infant can over independently or crawl, other activities are more appropriate for the infant's development.
- You can find more information about tummy time in the [CCR TA Library](#), on the [American Academy of Pediatrics' website: Back to Sleep, Tummy to Play](#), and on [Zero to Three's website: Top 5: What You Need to Know About Tummy Time](#).