



Tummy Time

As a result of the current situation with Covid-19 and inability to continue with Tummy time sessions at some of children's centres we worked with, the Hackney Ark Physiotherapy department have created a video resource to continue educating families and raise awareness about the importance of tummy time. The video can be accessed through this web link

<https://www.youtube.com/watch?v=pKvZd1z6ShI>

In the description box there is also a link to full list of resources that users can access including a list of Frequently asked questions, which may address additional queries some families might have.

Tummy time is extremely important for a baby's motor development and it helps to prevent flat areas to back of baby's head as well as tight neck muscles.