

TUMMY TIME Milestones



From Birth to 8 Months Old

BIRTH

0-2 MONTHS



Your baby is able to turn head and look from side to side while on tummy.

0-2 MONTHS



Your baby is able to briefly raise head of the ground while on tummy.

2 Month

0-3 MONTHS



Your baby is able to maintain head held up in the air while lying on tummy.

1-3 MONTHS



Your baby is able to stretch out both legs while lying on belly.

2-3 MONTHS



Your baby is able to turn head to look around from side to side while lying on belly.

4 Month

2-4 MONTHS



Your baby is able to raise both head and chest of the surface while lying on tummy.

3-5 MONTHS



Your baby is able to raise head to a 90-degree angle while lying on tummy.

6 Month

4-6 MONTHS



Your baby is able to use hands to raise torso and provide support while lying on belly.

6-8 MONTHS



Your baby is able to use one hand to support body and reaching out with the other while on tummy.

8 Month

