

Tummy Time Tips after Infant Cardiac Surgery

- Do not lift under your baby's arms or pull their arms for 8 weeks after surgery
- Ease your baby into it, practice 1-2 minutes after every diaper change, increase by 1-2 minutes per diaper change each week
- Don't give up! It's okay to take a break and try again when your baby is happier



Hold your baby on your chest



Hold your baby upright



Hold your baby across your lap;
support your baby's head



Belly-hold your baby; switch arms to
prevent a preferred head turn



Get on your baby's level;
eye to eye smile



Blanket roll under chest