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A new Tummy Time

Fact Sheet
is available at

[https://
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hcci](https://www.idph.iowa.gov/hcci)

click on the
“printed products”
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Call your Child
Care Nurse
Consultant (CCNC)
if you have any
questions about
child health and
safety, or any
special training
needs.



www.earlychildhoodiowa.org

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Quality Care For Kids

A Newsletter for Scott County Child Care Providers

Written by Stacy Kraft, RN

FEBRUARY 2019

Tummy Time

Tummy time is an important part of development for an infant. Tummy time helps to build neck and shoulder muscles. It is a time for the infant to explore the world around them. It also helps to build strength for skills needed later on, such as rolling over, sitting, crawling, and walking. It is important to make tummy time safe and fun!

Tummy time is for when an infant is awake, with direct supervision. When an infant is having tummy time you need to be in the same room, making eye contact, and interacting with them. Infants unaccustomed to tummy time may cry at first, but you can help them by interacting with them. Start with short periods of time (3-5 minutes) 2 to 3 times a day gradually increasing the amount of time. Tummy time shouldn't be stressful for the infant or for you.

What can you do if an infant doesn't like tummy time? Here are a few strategies:

- Place a toy in front of the baby to encourage reaching for the toy.
- Place toys in a circle all around the baby to encourage the baby to reach and move around to get the toys.
- Sit on the floor, talk to and play with them
- Lie on your back and have baby lay on your chest.
- Encourage younger children to get on the floor with the baby and play with him/her on their tummies as well.

Remember safety is important!

- Direct supervision at all times!
- Place the infant on a safe surface such as a lightweight blanket on the floor. Do not use a sheepskin type blanket or pillow.
- Do not put the infant on an elevated surface for tummy time.
- If the infant falls asleep, IMMEDIATELY move them to an appropriate sleeping environment such as a crib.

National Children's Dental Health Month



February marks the start of National Children's Dental Health Month. According to the Iowa Department of Public Health, the key to healthy oral care is regular dental visits beginning after the age of 1, using water that contains fluoride, and brushing twice daily. This year's theme for the celebration is "Show Off Your Smile." "Cavities can be painful for your child, making it hard to focus

on learning new skills at school and at home. Kids with cavities may also have difficulty eating food, which helps their bodies to grow," said IDPH oral health consultant Stephanie Chickering.

Child care providers can help by implementing an oral health policy within their child care. Consult with your local child care nurse consultant and/or I-Smile™ coordinator for guidance on oral health policies. For more information regarding the I-Smile™ program, visit <http://ismile.idph.iowa.gov/>.

In Scott County, contact the I-Smile™ Coordinator at 563-326-8645.