

KixCare TIPS

How Do I Make Sure I Support My Baby's Neck?



Typically between 3-6 months you will see baby starting to support their own neck when being held or sitting.

- 1 Between 0-3 months as the baby starts to gain neck muscles it is important **to be holding and supporting its neck and head with your hand at all times to prevent injury.**
- 2 During this time it will be important to start doing a few minutes daily of **tummy time to help strengthen the baby's muscles.**
- 3 They should be supervised at all times during tummy time and it is a great way to bond with baby.

Cut here for a colouring sheet for your little one

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