

Get to know your tumtum



Tummy time without the tears.

MEET THE tumtum



Our mission is to help babies, parents, and caregivers enjoy tummy time comfortably, beginning with the first day of life. As a physical therapist of over 25 years, I recommend putting your baby down on the floor frequently. The floor is the best place for your baby to develop their muscles, which will have endless long-term benefits.

The goal is for your baby to easily and happily hang out on their tummy, playing independently while exploring their environment with unrestricted mobility. That's why we developed the tumtum. We suggest using your tumtum daily!

-Dr. Mirav, PT, DPT
Co-Founder, tumtum



www.tumtumusa.com

USING YOUR tumtum

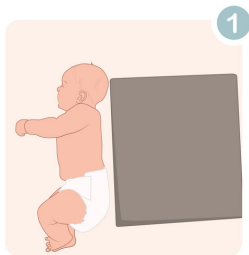
Directions for use:

- Place the tumtum on the floor in a safe place. For proper positioning, place the side with the warning label on the floor.
- Place baby on top of the tumtum, belly down. Be sure the baby's body is fully supported with their head and arms on top of it.
- Place baby's head at the higher end, their head should be higher than their feet.
- Place your hand on baby's buttocks, apply firm pressure for additional support. This grounding pressure will help them feel safe. Watch as your baby lifts their head and looks side to side. Keep physical contact with your baby.
- Continue to pat their buttocks or rub their back, as baby likes to feel you near. Talk to baby, reassure them, and place a desired toy or object in their visual field for distraction. A mirror, a light-up toy, or a family member are all good choices for distraction and engagement.
- Start slow - even just a few minutes in the beginning. The goal is 60 to 80 minutes of tummy time each day in total.
- You can also use the tumtum to help baby lie on their side or back.



USING YOUR tumtum

Here are six ways to use your tumtum:



WARNING

- The tumtum is not a product for sleep.
- The tumtum is not a toy.
- Never allow baby to sleep on the tumtum.
- Do not use the tumtum in a crib, cradle, bassinet, playpen, play yard, bed, couch, or on any elevated surface or soft surface.
- Never move the tumtum while baby is on it.
- Do not leave baby unattended on the tumtum - **adult supervision is required.**
- Improper use of this product could result in serious injury or death.



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