



**Author:** Rachel Glaser-Lawrence, Occupational Therapist

**Date:** 4/27/2020

**Activity:** Importance of tummy time and activity suggestions for children with visual impairments

There are dozens of benefits of tummy time positioning, including improved muscle tone, head control, environmental awareness, reaching, grasping, locomotion. It also helps bring awareness to arms and hands, which is a vital skill for fine motor development, tactile discrimination, object identification and braille reading down the road. This article presents some great information and simple suggestions for ways to encourage tummy time with your child.

[Tummy Time](#)