

Dr. Nancy: Hi, good afternoon. Thank you for joining us with Dr. Nancy live on Wednesday. Today we have a very special guest. We have Georgia Martin with us. She's a speech-language pathologist. Hi Georgia.

Georgia Martin: Hi.

Dr. Nancy: Thank you for coming.

Georgia Martin: Thanks for having me.

Dr. Nancy: Before I go into talking to Georgia, I want to remind everybody that through Friday, we have our coat drive going. We have a lot of coats, we could use more. So if you were planning on bringing 'em in, please bring them by Friday, so that we can ship them off to the Exodus Refugee Organization. Thank you everybody that's donated so far.

Dr. Nancy: And so at the end of our broadcast today, we're gonna be giving away \$100 again, so we've had two really happy winners the last couple of weeks. So hopefully, you'll be one of them.

Dr. Nancy: So ask questions today, this is interactive. We'll answer your questions and do Ask 'Em, and let's go ahead and get started.

Dr. Nancy: Welcome, Georgia.

Georgia Martin: Hi. So as Dr. Nancy said, my name's Georgia and I work at Kids Abilities, which is a pediatric outpatient private practice on the south side, and I work with kids from birth until 21 years old with a little bit of a specialty area in oral/facial development, tongue ties, and especially breast and bottle-feeding babies who are having difficulty.

Georgia Martin: So today, I'm here to talk about Tummy Time Method and it's developed by Michelle Emmanuel. Dr. Nancy has a link to her website to find more information about this. But basically, it's a way to help all babies 'cause they all need to be doing tummy time to enjoy themselves and to optimize their function and to turn it into quality time. It's especially helpful if your baby hates tummy time or if you have any feeding difficulties. Because if you think about pushing yourself up on your belly, you're using all your head and neck muscles which are the same muscles and cranial nerves that we use for feeding.

Georgia Martin: So Tummy Time Method is as simple as eight moves. So you start by lowering baby onto the floor after you've found a nice spot with a blanket down. Sit down on the floor and you do social engagement with your baby. This is the time to coo and talk to each other and really look at each other and bond together. And then your baby's down on the floor, and you gently roll baby onto their belly, and you get down face-to-face with them. When they start out, they're gonna start out with just some head lifting or laying and then lifting their

head up more. As they get older and stronger, they're gonna be lifting up more and more and rolling around, because babies develop from the head down. So you start lifting your head up and then you start getting up; and then you develop the core muscles and you start rolling around; and then the pelvis gets stronger for sitting; and then you start crawling, moving and walking.

Georgia Martin: So you get stronger from the head down and that's why every baby needs tummy time. That's how they can work on these things themselves and strengthen themselves. So once you've rolled a baby into tummy time, you're trying to engage them to keep it quality. This isn't the time I put baby on their belly and I quickly get something done, this is a time that you learn to "play together". So sometimes having little toys or having an older sibling around can make it even more quality.

Georgia Martin: When the baby starts to have some difficulty or fatigue, that's when you then roll the baby out of tummy time, and you calm them and soothe them, and have more social engagement, and then you repeat. So sometimes for babies that have difficulty, this is one or two minutes long. You roll them out of tummy time, calm them, and repeat. What ends up happening is you get your 30 minutes of recommended tummy time done in little bursts throughout the day. And if babies are really struggling with it, then you need a little bit more specialized care. So that's where Tummy Time Method trained therapists or sometimes it's massage therapists or there's chiropractors sometimes who do this. There's a variety of people who can help and there's a few us in the Indianapolis area that can help you with this, can help you make an individualized plan for your kid.

Georgia Martin: And when you look at what a baby's struggling with then you can figure out how to help them more. So sometimes there's head turning difficulties, and some of those things impact feeding skills too. If you can't turn your head very well, then you tend to have a difficulty breastfeeding on one breast, but the other side goes okay. So having someone figure these things out and help you pinpoint areas to work on and improves the overall quality, which then leads to good quantity.

Georgia Martin: So as a baby develops from birth to around four weeks of age, a lot of chest to chest with mom and dad laying flat on their back, that's a good quality tummy time for them. But as they get closer to three and four weeks, you want to start working on the floor and increasing the time. And if you find it hard to work that into your day, especially if you're back to work from your maternity leave, or you have a lot of kids at home or a lot of responsibilities, sometimes as little as rolling them over every time that you're doing a diaper change can add up throughout the day for getting this prone surface, eventual weightbearing, which helps to develop all these muscles.

Georgia Martin: So I kind of wanted to touch base a little bit on limiting the time that babies spends in devices, so the car seat, the bouncy seat, the jumper. We want to limit

our time to 10-15 minutes intervals and hopefully as much time throughout the day as that. That's enough time for maybe mom to get a shower or to make some dinner really quick when you need a little break. Because spend too much time in these devices, will lead to more flat heads, plagiocephaly and stuff, and that gets even more complicated and you need a little bit more help, where Tummy Time Method and chiropractic can absolutely benefit these kids.

Georgia Martin: So limit your time to 10-15 minutes in these bouncy seats, carriers, and use your car seat only for the car. Try to carry your baby around and that can help a lot with this head flattening or other issues that can develop from not only having tightness throughout the body, but spending too much time on your back. We're taught that we need to do back to sleep for safe sleeping, you need tummy to play. So you have to balance that back to sleep out with spending as much time on your belly as you can as a baby.

Dr. Nancy: What if we have some babies that really just as soon as you lay them down they just refuse to do the tummy time?

Georgia Martin: Oh yeah. Those are those babies that hate tummy time so that's where having an individualized plan really helps because having someone know what to look for can help, so that's where I come into being helpful. But again, looking for quality is the first thing. So if you start by laying down and rolling in, it's not as hard on their system and their reflexes, so they get to smoothly roll in and that's when you get down face to face and they can feel safe with you. So maybe they can do it for a few seconds, for five seconds, 10 second, 20 seconds and build up from that. They start to upset-

Dr. Nancy: Right.

Georgia Martin: ... that's where you roll out, and you calm them down, and you try to repeat. So by calming them down, you're actually exercises their autonomic nervous system and so it's a really good vagal nerve exerciser to calm and get out of that fight or flight mode. So movement, movement medicine is my favorite thing. My goodness, I don't know how much bouncing I'm doing with my newborn at home, but it works. So working on making baby feel safe and less in fight or flight is a big thing. But the kids that need the tummy time the most are the ones that hate it the most.

Dr. Nancy: Yeah. The babies that I see a lot of that are stuck in fight or flight are the ones that hate it the most, yeah.

Georgia Martin: Yeah, and that usually goes along with a lot of tightness in the head or neck, so that comes back around to exploring feeding difficulties, and sometimes there's oral restrictions that are commonly referred to as tongue or lip ties, so investigating those things. And again, that's where I can be very helpful as a speech-language pathologist for looking at oral dysfunction and helping families navigate that. Of course, if you're breastfeeding, you need a lactation consultant

to be part of this and there's a lot of great lactation consultants, thankfully, in Indianapolis. But making an individualized plan for the kids that hate tummy time can just make or break it.

Dr. Nancy: Yes. So it's actually really good to work with somebody that's Tummy Time certified because you guys are very special about what you teach in how the interaction stuff, just laying the baby down on the floor. You have a definite structure what you like to do and teaching mothers to do, which sound very nurturing.

Georgia Martin: Yeah, it does, and by knowing what your baby needs, so I'll use daughter for example. She has a little bit of difficulty turning her head to the left, which make breastfeeding on the right side just a little bit harder sometimes and I have to position a little differently, so I know exactly what to work on for her. During our tummy time, I just kind of move the toys to the left, and I turn, and I get my face down there and move, and she follows me. So it's a playful way to exercise where there's weaknesses. By doing that, it overall helps her tolerate tummy time and helps feeding too.

Dr. Nancy: Yeah. I see some really great results from moms that have used tummy time with their babies. And it is true, you can do little spurts of it. I think we want everything ... We say a half hour a day and it's like, okay, we'll aim for a half hour. Well they don't like that so much. So they like the idea of doing it throughout the day in spurts.

Georgia Martin: Three to five little bursts throughout the day can make a big difference and add up. So if you do five minutes, five times a day, my goodness, you're most the way there, so that little bit helps. And it's hard when families are working families and you have other kids to fit that in, so if you just set the bar, the goals a little bit smaller, then it can help you achieve those goals too.

Dr. Nancy: Any other information that you want to share with us? I'm sorry I interrupted you.

Georgia Martin: That's okay. This also great for babies that have things like torticollis and I already mentioned some flattening of the head or I already talked about feeding difficulties there. But it's great for helping with reflex integration and it's kind of a preventative medicine for sensory processing difficulties. So if you work through these tummy time difficulties early, you can help sensory processing because it's all connected.

Georgia Martin: It's really good for your babies with reflux or gas or digestive problems because laying on your belly helps all those things and it really for the [vagus 00:11:05] nerve too, which help with gas and digestion. And it's great for decreasing any difficulties that you may or may not know exist. So the babies that, I don't know why my baby hates tummy time. Figuring out what it is that's making them hate tummy time can help them work through a lot of stuff, so that you have a happy

two year old and happy 10 year old because you've done all the work really early.

Dr. Nancy: There's so much we can do with infants that affect them in the long term that I don't think really parents realize. That there's things the body is made to do these certain steps and they can't skip over them. So it integrates over time and then it develops into toddlers and then into teenagers and then adults. The attention issues that we have. Kids are running around. We need to integrate the nervous system when their little.

Georgia Martin: Oh yeah. [crosstalk 00:12:00]

Dr. Nancy: That's one of the reasons why I love working with babies is because we start then.

Georgia Martin: Yeah, it's preventative care too.

Dr. Nancy: Exactly.

Georgia Martin: So those fussy, colicky babies, they need the most help, so this is a great way for parents to have tools themselves rather than having to rely on someone else to help them. If you can come and learn Tummy Time Method, you can have the tools in your house to make your baby feel better.

Dr. Nancy: I know a lot of moms want to have tools. Do you have tummy time classes? I've seen classes advertised before.

Georgia Martin: I have not started that but if there's an interest, I definitely am looking into it. We have a great facility down at Kids Abilities and I will back to work from my maternity leave. Thankfully my newborn quite crying 'cause grandma knows all the right moves. So, I'll be back to work then. And if there's an interest, I definitely can start doing some tummy time classes and they're nice small classes with mom or mom and dad and baby, just a few families, and teach this for anybody, especially if they're having any difficulties with it.

Dr. Nancy: I still practice tummy time. I don't have my mom with me though.

Georgia Martin: Yeah, it's really good. I like to lay prone too if I got a bellyache, so I know that it can calm you down if you're feeling anxious.

Dr. Nancy: Yes. It's a really good stretch on hip flexors for anybody's who older. It's great, great for that.

Dr. Nancy: We're getting close to the end here, do you have anything else that you want to share with us today?

Georgia Martin: I know that you're gonna link to my website to find us on Kids Abilities. Like I said, I'll be back to work and available to help any babies that are wanting to explore tummy time, especially if they're having feeding difficulties I can be helpful. Yeah, I see this question here. So tummy time is actually really good for older kids too. You can't specifically workout the same kinks because it's more designed for pre-crawling baby. Because once you start crawling, it's different reflexes and different, but laying prone, eventual surface weightbearing is wonderful for our systems.

Georgia Martin: If you got a kid that maybe doesn't know how to slow down and press the brakes, that's a great way to play games that way or read that way so or sometimes even using your screen time that way. If you have to really dig deep to do it, it can be great for say kids with sensory issues or ADHD or anybody.

Dr. Nancy: Good. We have another question. Rachel wants to know how we can encourage a baby to start pushing on their hands during tummy time?

Georgia Martin: So when you roll over, the baby's arms are probably gonna be down to their side, so getting the arms up like this. A lot of times the newborns are gonna be up close like this, but they should start to relax down a little bit. If they're having a hard time pushing up, sometimes you need to roll up a blanket to make it partial weightbearing. So putting a blanket right here under the armpit and you want to do like a small receiving blanket rather than a big, thick one. So it's just a little bit of help, kinda like leaning on a chair when you get too tired, and that can help them start pulling up with that. And if they still have difficulty, you might want to consider finding the Tummy Time Method certified provider.

Dr. Nancy: Very good info. Thank you, Georgia. We will add your website in the comments section after the video. But, we have a \$100 giveaway to give away and we've got 10 viewers here, so ladies get your typing fingers ready.

Georgia Martin: Woo.

Dr. Nancy: Today we have a quiz, so Georgia's gonna provide us with a question and then whoever gets this right will win the \$100 giveaway. If we don't see the right answer here then we'll have to ... I don't know, roll it over to next week maybe. So, what's the question for us?

Georgia Martin: Okay, so I talked about limiting how much time baby spends in baby devices, like bouncy seats or exercisers or little swings, how many minutes a day or how many minutes at a time should we limit a time that our baby spends in these devices?

Dr. Nancy: Oh, that's a good question. All right, anybody have the answer to that? Lauren says 15 minutes.

Georgia Martin: That's it. 10-15 minutes at a time, yeah.

Dr. Nancy: Fantastic, Lauren. Yay. So Lauren, since you're the first one to answer the correct one just instant message us or private message me or email. I think I have it, but private message me or email me, I'll get you your \$100 prize.

Dr. Nancy: So any last tips or anything you want to share with everybody before we sign off?

Georgia Martin: Yeah, use this tummy time as a great way to connect with baby. It's hard to slow down and turn off our phones and turn off our devices. It's hard to know how to play with a young baby or newborn. This is the perfect way to engage with your baby and develop your bond even stronger.

Dr. Nancy: Great. Thank you so much, Georgia. I really appreciate your information you shared with us today. It was really good. Thank you everybody for watching and if you know anybody having issues with this, please share this video and help another mom out, okay? Thank you very much everybody and have a great day.