



EARLY MOVERS = EARLY LEARNERS
BELLIES TO PLAY!
(INFANTS 3–18 WEEKS)

**WHEN: Every Thursday @ 9:15 AM, 10:30 AM
+ 12:30 PM**

**WHERE: 2195 Norwood Avenue
Boulder CO, 80304**

**COME BE EMPOWERED TO BECOME YOUR BABY'S
tummy time EXPERT**

Get equipped to give baby an active start to:

- Maximize their nervous system function,
- Elicit more adaptive and successful regulation responses
- Decipher sensory input correctly
- Evoke non-compensatory functional movement
- Increase BOND and CONNECTION with the whole family!

Tummy time and an **Active Start** is vital for your baby's

Optimal Growth + Development



sense-able connections

WHAT TO BRING: Yoga mat + baby's blanket

**CONNECT
PLAY!
THRIVE!**

Learn how your baby can LOVE Tummy Time

Please RSVP: yrma@PWCBoulder.com or

Text: 718-207-1848

- Optimize Brain Growth
- Identify + Treat Latch/Breastfeeding Difficulties
- Facilitate Sleep + Reduce Stress
- Improve Current Tummy Time Quality
- Decrease Reflux, Bloating + Constipation
- Promote Head Lifting + Turning
- Strengthen Core + Upper Body
- Optimize Postural Development
- Promote Emotional Regulation + Resiliency
- Establish Social Engagement, Parental Bonding + Attachment
- Prevent Position Related Skull Deformities + Treat Plagiocephally (flat head syndrome)
- Treat asymmetries + gestational constrictions such as Torticollis, AND MUCH MORE!!!

**8 EASY step-by-step
PHASES**

**A METHOD BASED ON
QUALITY, NOT TIME!**