



Learning to crawl is an important milestone, and every baby's development is unique. Once a baby can hold its head, it is time to use Tummy Turtles and Friends™

For infants ages  
1-9  
months



**NEW**  
patent  
pending



**TummyTurtles**  
and friends™

Putting tummy time in motion

for more information or to order  
contact us at  
info@tummyturtles.com

**TummyTurtles**  
and friends™

Putting tummy time in motion

tummyturtles.com

Encourages healthier crawling

Helps develop better motor skills more quickly

Helps develop better sensory skills

Helps develop better visual skills

# TummyTurtles and friends™

Putting tummy time in motion

**Babies can typically hold up their heads for short periods around 1-2 months, but always check with your pediatrician if you have questions about starting tummy time.**



## Stage 1 Etapa 1

1. Place one or two of the baby's favorite toys on the floor a couple of feet in front of the Turtle.
2. Place the baby's tummy on the turtle's tummy facing the toys.
3. Make sure that the baby can easily move its arms and legs.

The first few times simply let the baby lie on its tummy on the Turtle for a few minutes to get comfortable. If the baby becomes frustrated or tired, remove it from the Tummy Turtle.

1. Ponga uno o dos de los juguetes favoritos del bebé en el suelo a unos 60 cm (2 pies) delante de la Tortuga.
2. Ponga la pancita del bebé sobre la pancita de la tortuga, de cara a los juguetes.
3. Verifique que el bebé pueda mover fácilmente los brazos y las piernas.

Las primeras veces, solo deje que el bebé se apoye boca abajo sobre la Tortuga unos minutos hasta que esté cómodo. Si el bebé se frustra o se cansa, retírelo de la Tortuga.



## Stage 2 Etapa 2

1. As the baby begins to kick its legs, support its feet and let them push against your hands.
2. Gently push on the baby's feet, alternating right and left foot. The baby may then begin to move forward on the Turtle.
3. As the baby begins to move, you may need to adjust its arms to ensure that they are free of the Tummy Turtle.

If the baby becomes frustrated or tired, remove it from the Tummy Turtle. With time, practice and caregiver interaction, the baby will discover that it can move with gentle assistance (alternating right foot and left foot) and eventually on its own.

1. Cuando el bebé empiece a dar patadas, ponga sus manos para que sus piecitos se apoyen en ellas y se impulsen.
2. Empuje suavemente los pies del bebé, alternando el pie derecho y el izquierdo. Entonces el bebé podrá empezar a moverse hacia delante sobre la Tortuga.
3. Cuando el bebé empiece a moverse, quizás deba moverle sus brazos para que estén libres de la Tortuga.

Si el bebé se frustra o se cansa, retírelo de la Tortuga. Con el tiempo, la práctica y la interacción con quien cuida al bebé, el bebé empezará a descubrir que puede moverse con un poco de ayuda (alternando el pie derecho y el izquierdo), y al final lo hará por sí solo.



## Stage 3 Etapa 3

1. When the baby is comfortable moving forward with help or on its own, move the toys a little farther each time or place a few more toys around the Tummy Turtle.
2. The baby will eventually begin to move toward the toys.
3. During this stage the baby will begin to discover it can use his arms and legs to move. This is the pre-crawling stage of development. Again, if at any time your baby becomes frustrated or tired, remove it from the Tummy Turtle.

1. Cuando el bebé se sienta cómodo moviéndose hacia adelante con ayuda o por sí mismo, ponga los juguetes un poco más lejos cada vez, o ponga más juguetes alrededor de la Tortuga.
2. El bebé empezará a moverse hacia los juguetes.
3. Durante esta etapa, el bebé empezará a descubrir que puede usar sus brazos y piernas para moverse. Esta es la etapa de desarrollo previa al gateo. Nuevamente, si en algún momento su bebé se frustra o se cansa, retírelo de la Tummy Turtle.

As a parent or caregiver, you are the baby's best toy. When baby begins to grab and reach for toys offer praise and encouragement. Every baby is unique and will move through the pre-crawling stages its own pace. Consult your pediatrician if you have questions about your baby's development.

Como madre, padre o cuidador, usted es el mejor juguete del bebé. Cuando el bebé empiece alcanzar y tomar los juguetes, elógielo y animelo. Cada bebé es único y pasará por las etapas previas al gateo a su propio ritmo. Si tiene dudas sobre el desarrollo del bebé, consulte a su pediatra.

### Safety Warnings:

Tummy Turtles and Friends™ should only be used under close adult supervision.

**DO NOT** allow the baby to sleep with or on Tummy Turtles and Friends™.

**DO NOT** use Tummy Turtles and Friends™ on rough, uneven or slope surfaces.

**DO NOT** use Tummy Turtles and Friends™ near any stairs, steps, slope.

**DO NOT** use Tummy Turtles and Friends™ near open water/ice, flames/fire or any potential hazard.

### Usage Instructions:

Place your Tummy Turtle and Friends™ on a clean carpeted floor surface.

### Advertencias de seguridad:

Tummy Turtles and Friends™ sólo debe usarse bajo la cuidadosa supervisión de un adulto.

**NO PERMITA** que el bebé duerma con las Tummy Turtles and Friends™ o sobre ellas.

**NO USE** Tummy Turtles and Friends™ en superficies rugosas o irregulares.

**NO USE** Tummy Turtles and Friends™ cerca de escaleras, escalones o pendientes.

**NO USE** Tummy Turtles and Friends™ cerca de agua/hielo, llamas/incendios o cualquier peligro potencial.

**Instrucciones:** Ponga su Tummy Turtle and Friends™ sobre un piso limpio y alfombrado.

### Care Instructions:

**HOW TO CLEAN FABRIC** – Wipe clean with gentle soap and water as soon as possible after any messes.

**DO NOT WASH IN WASHING MACHINE OR PLACE IN DRYER.**

**FOR PLASTIC SHELL** – Use gentle soap and water. No need to 'wax'.

### SAFETY TESTING PERFORMED (FEBRUARY / MARCH 2021):

Use & Abuse Testing	F963
Sharp Point	16 CFR 1500.48
Sharp Metal	16 CFR 1500.49
Small Parts	16 CFR 1501
Flammability of Solids & Soft Toys	16 CFR 1500.44
Chemical Testing	
Lead in children's non-metal	
CPSC-CH-E1002	
Lead in paint & Surface Coating	

Assembled in USA  
Ensamblado en Estados Unidos

