



Tummy Time

Aim: To improve head control and provide opportunity for development of gross motor skills.

Activity: Assist the child from a lying position on their back, encouraging them to roll into a side lying position as show in the photograph. Make sure to assist the child to raise the arm (on the side they are rolling towards) to lift up above their head so that it is of out the way to roll. It may help to bend the opposite leg to the way they are rolling.

Then assist the child to roll from a side lying position onto their tummy. You should encourage the child to do as much of the activity as they can. If this means assisting with the first part of the exercises and then letting the child do the last part then that is ok. The aim is for the child to gain the strength and skills to independently roll.

Once on their tummy, the child can relax in this position with their arms placed comfortable by their sides. Try alternating the side the child turns its head. The child should be encouraged to lift their head to look at toys. The child can be assisted to bring their forearms under their chest so that they can prop on their arms and lift their head .