

Head Lifting and Pushing Up

- ◆ Get down on the floor and play looking and staring at each other, eye to eye. This gives a lovely reason for your baby to lift her head and look about.
- ◆ Make cooing noises at different sides of your baby to encourage him to lift his head and engage with you.
- ◆ When your baby is ready, celebrate their ability to push up on their arms and hold themselves in place.
- ◆ Create your own peek-a-boo games that support this movement.

Movement Play and Links to Language Development

Early movement is one of the ways babies use to communicate their needs to their closest adults.

Try singing to your child as they experiment with early movement - Move from one side of your baby to the other.

Where is Baby?

Where is Baby?

Where is Baby?

I See You!

I see You!

Now I'm going to hide

Now I'm going to hide

Peek-A-Boo!

Peek-A-Boo!

Sung to the tune of 'Frere a Jacques'

For further information about 'Developmental Movement Play',
please visit www.jabadao.org

Developmental Movement Play

What all babies and children need for
their learning, health and wellbeing...

Tummy Time



Sure Start
Children's Centres
Beacon Heath, Heavitree & Polsloe & Whipton

Working with families and their children under 5
to build future generations of happy, healthy, confident children

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What is 'Developmental Movement Play'?

Developmental Movement Play is about giving children lots of opportunities to explore the possibilities of their own bodies through five different kinds of movement.

This leaflet concentrates on the benefits of Tummy time.

Children move all the time because it helps them to build connections in their body and their brain.

Lots of skills they need later on in life are developed by the **spontaneous** movement play they love so much.

Is Tummy Time Safe?

Yes - when your baby is awake and supervised.

The 'Back to Sleep' campaign recommends that babies should always sleep on their backs. This advice should still be followed as it reduces the risk of Sudden Infant Death (SIDS) or cot death.

Why is Tummy Time Important?

Lying your baby on their tummy and encouraging them to lift their head to look around helps to strengthen the muscles in their neck, shoulders, back and hips.

Developing these muscles will help them learn to hold their head up, roll over, sit, crawl and eventually walk.

Tummy Play

As babies and children play on the floor on their tummies they:

- Develop a sense of interest in the world around
- Develop a felt-sense of their upper body and their centre (important for writing later on!)

Suggested Activities for Tummy Play

Tummy Pattern

- ♦ Make sure that your baby has plenty of time on his or her tummy during the day, while you are with them.
- ♦ They need drifting time - time to settle into being tummy down, so that they can begin to listen to the urges of their body.
- ♦ If your baby doesn't like being on their tummy, use soft, comforting props to help them to feel their tummy before putting them down on it. Best of all put your baby tummy down on you and find an easy way of resting together or moving together that helps your baby to become accustomed to being tummy down. Build up their tolerance of being tummy down very gradually
- ♦ When your baby is lying on their tummy, give him or her a reason to turn their head to the other side and watch to see if the arms and legs change positions as well.
- ♦ Give them reasons to push up and get used to lifting their heavy head. It's hard work at first! Hold something at eye level and then a little higher.
- ♦ As baby grows in confidence let him lie on his tummy and push or pull himself around in a circle.