



ROLLING TIPS

TOY CIRCLE

Use a high contrast toy that also lights up or makes a noise to get your baby's attention while they are on their back. Move the toy in a circle from where it is beside their head to where it will be above their head. As their neck extends and they lift their head to follow the toy gently roll them from their hips. Use your other hand to help get their elbows under their shoulders.



BABY CRUNCH

To start a roll from their back to their tummy, a baby needs strong tummy muscles to lift and move their legs to one side. Help build their tummy muscles through a pull to sit, making sure that their chin stays tucked. You can also get them to keep their legs to their chest through songs such as 'Row your Boat' or 'The Ants Go Marching'.

GENTLE ROLLING SUPPORT

Encourage your baby to roll by placing an interesting toy just to the side of them so they are motivated to turn their head and body towards it. Allow them to move as much as they can on their own first.

If they need a little help, gently place a hand on their hip or help guide their arm across their body. Slowly assist the roll until gravity takes over and helps them complete the movement.



Are you worried about your baby?

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Paediatric Physiotherapy in Perth Northern suburbs