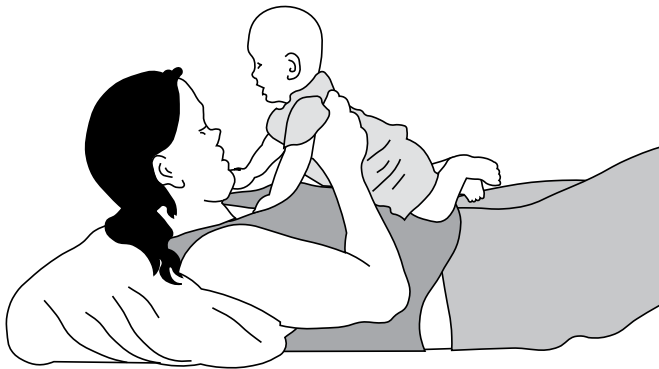


Learn to play - Play to learn

- Babies learn to move through play
- Some babies need practice to learn to enjoy tummy play
- Many things influence the rate in which babies achieve movement



Northern Sydney Local Health District

Learn to play

- Play to learn

Tummy time to play

When?

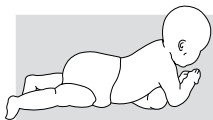
- Try and do some tummy time (carrying/floor time) every awake period during the day

Why?

- Strengthens neck, shoulder and back muscles
- Learning to roll over and crawl
- Exploring the environment

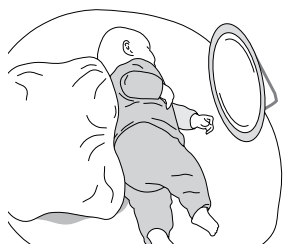
How?

- Start with short periods
- Lie baby on your body
- Carry baby on their tummy
- Do tummy time on the floor when baby is happy and alert
- Roll baby on to and off their tummy
- Place your arm or rolled towel under your baby's chest
- When your baby is young roll them to their side as you pick them up



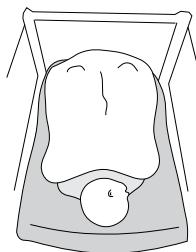
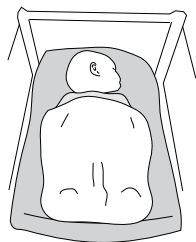
A variety of play positions is important

- Babies spend a lot of time on their back
- Time playing on their side and tummy are a good alternative to playing on their back
- Pull baby up to sitting by holding them at the hands, elbows or shoulders



It may not be possible to prevent a baby developing a flat spot on the back of their head. These ideas will help.

- When asleep, place your baby on their back so they can look towards alternate sides on alternate days
- Play during the day should include positions when weight is not on the back of the head
- Encourage your baby to turn and look to the left and right when awake



Range of normal milestones

- Holding head up on tummy 2-3 months
- Rolling from tummy to back 4-5 months
- Rolling back to tummy 5-6 months
- Sitting when placed 6-7 months
- Crawling 7-12 months (they may commando crawl first)
- Moves into sitting 7-12 months
- Walking 9-18 months



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