Positioning - rolling (let the head lead)

From side to back - lie the child on their side, sit behind them and encourage them to look back and roll back using body weight/gravity.

From tummy to back - lie the child on their tummy with one arm either tucked underneath their body or stretched forward above their head, encourage them to look and turn to the opposite side, till they roll right over.

From back to tummy - lie the child on their back, hold a toy in their eyeline, at the limit of their reach, encourage them to look and reach for it, then gradually move it away so they reach further and roll first to their side then over.

If they need some help:

- Lie them on a blanket or towel and raise one side of it to roll them gently to the other side.
- Use their legs - hold their lower legs, one leg straight and flat on the floor, bend the other leg till the foot touches the bottom, then take it over to the opposite side so the child's hips roll and the shoulders follow.
- Put a pillow under one side so they are slightly tipped in the right direction to begin with.

Later you can put toys at their side for them to reach and roll, slightly higher to get them to roll right over.

Play Movement Ideas

Rolling

Please check with your child's physiotherapist before using these play movement ideas.

Play ideas

Use light, sound/movement toys, musical toys or fibre optic toys to encourage the child to reach and roll for them.

Dangle beads or ribbons behind the child just at the edge of their field of vision.

Try sitting behind the child and call them.

Try use a reward for rolling over e.g. tickle the child, blow a raspberry or clap in praise.

Use a toy the child is interested in - hold it in the child's eye line, initially at the edge of their reach then move it away slowly so the child follows it.