**Positioning**

**Side lying** is a really useful position.

Roll the child to one side and place a pillow behind to maintain the position.

This will help:

- To get the head in midline
- To get the hands together for play
- Get hands and toys in line of vision
- Toys stay within reach, not roll away

Then gradually take the support away and the child will be able to roll on to their back -

Sit behind and attract their attention till they look back and then roll back using body weight.

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**Play Movement Ideas**

**Side Lying**

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

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**Play ideas**

- Use hand held toys e.g. koosh balls, squidgy balls, soft squeaky toys
- Ribbons
- Bells or small musical instruments
- Try using different textured or brightly coloured toys
- Use an Ipad or tablet for the child to watch or touch
- Use a mirror for the child to look into
- Adult lie face to face with the child and talk or sing to the child.

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Northamptonshire County Council