Play Movement Ideas

Positioning
Right from birth it’s good for children to spend some time on their tummy to play.

Some don’t like to be flat on the floor – instead you could try:

- putting a pillow under their chest so their arms are forwards, head & shoulders raised
- Lying them on the settee with an adult sitting on the floor next to them
- Lying them on an adult’s tummy as the adult leans back in an armchair

Always give them something interesting to do.

Movement skills –

- turn their head from one side to the other
- lift their head up and look forward
- prop on their elbows
- prop on straight arms

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

Play ideas

Mirrors – place a mirror in front of the child or on the floor for the child to look into.

Use an IPad or tablet to encourage the child to stay on their tummy for a longer period of time.

Adult lay opposite the child on the floor (in the tummy time position) and talk or sing to the child, encouraging them to look at you.

Look through books or at early pictures

Use visual/light effect toys, fibre optic toys to encourage the child to lift their head to watch.