

# Back Lying



## Why?



Back lying is the most fundamental and secure position from which to work on the physical, cognitive sensory, and communication skills that provide the building blocks to more complex skills.

## Physical goals

Children will benefit from strengthened neck, tummy, shoulder and hip bending (flexor) muscles because they have to lift their heads, arms and legs up against gravity.



## Cognitive goals



When children bring their hands and feet together to explore, they learn about their own body parts and their relationship to each other. This forms the basis of body awareness and co-ordination.

## Sensory goals

When lying on their backs it is easiest for children to focus their eyes on a dangling object. First they learn to follow it through a quarter of a circle using just their eye movements, then through half a circle moving their head as well as eyes. As they become aware of their own hands and feet and take them to their mouths, their eye-hand coordination and fine motor skills are developing.



## Communication goals



In this position it is easiest for children to become more aware of the people and objects around them. They'll develop skills in paying attention, concentrating and turn-taking – all early stages of communication, language and speech.