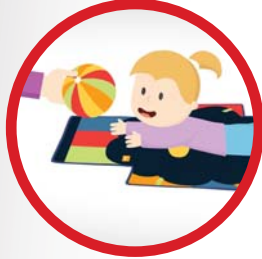


Tummy Lying



Why?



Tummy time is a difficult position for children as it means they have to struggle against gravity to lift their heads, however it's especially important when developing and strengthening muscles. Remember to use easier activities at first.

Physical goals

Lifting a child's head and shoulders up against gravity helps to strengthen the straightening (extensor) muscles of the trunk. This is helpful for children with floppy (low tone) muscles. It is also an important foundation for the development of sitting.



Cognitive goals



As children learn to hold their heads up and prop on her forearms, their shoulders and arms are giving sensory feedback about their position in relation to the child's body and the environment. As this works together with her eyes and their environment, when reaching for toys, their spatial awareness is also developing.

Sensory goals

With reasonable head control, children will be able to play for some time in this position, continuing to strengthen their muscles, while exploring their environment and looking around.



Communication goals



Tummy lying may make it more difficult for your child to make sounds (vocalise), as their chest is compressed in this position. However communication goals are a good way to provide the motivation they need to practice this important developmental position.