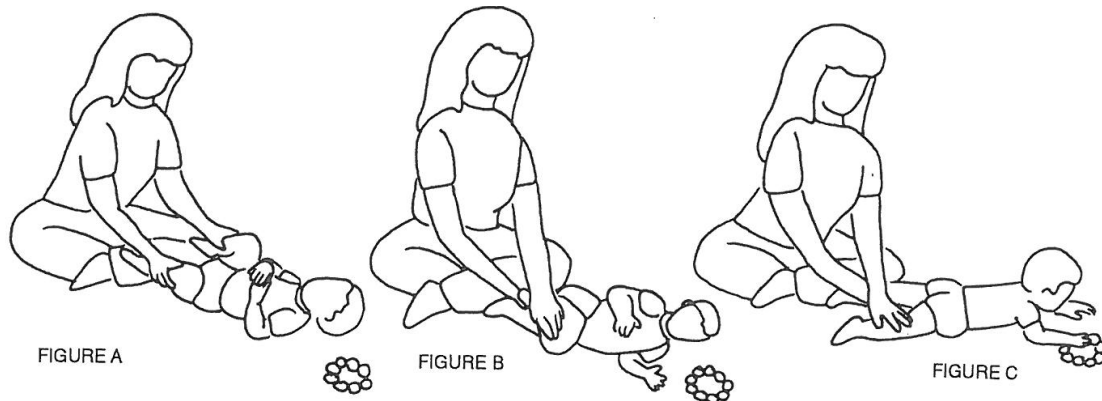


Helping your child to roll from being on their back to their tummy



Kneel-sit or sit cross legged on the floor or a bed and lay the child face up in front legs

Make sure that the child's head is inline with its body and that the arms are down with hands on tummy.

Encourage rolling by putting a brightly coloured or musical toy next to the child's shoulder but just out of reach.

To help the child roll hold the child's legs below the knees and bend up one whilst keeping the other leg straight (figure A)

Slowly bring the bent leg across the body to roll the hips to the side (figure B)

Then straighten the bent leg to bring the hips and stomach down flat on the floor, or bed.

The child's upper body should roll over to follow the movement of the hips. Move slowly to allow the child to lead the movement.

Let the child bring the arms out from under the body independently but help if necessary by lifting the shoulder of the arm that is stuck (figure C)

Allow the child to play in this position for a while then return to the face-up position and roll in the other direction.

Repetition is the key

Give lots of praise – rolling can be a little scary at the start!

Remember never leave your child on a raised surface unattended – you never know when they will master the skill of rolling!

