

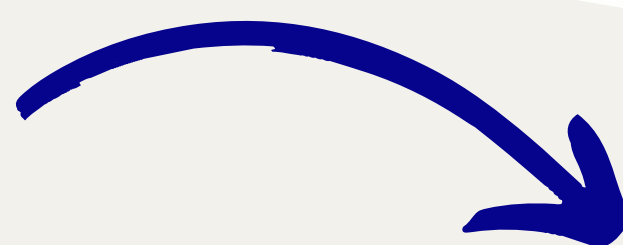
Does your baby get stuck on their tummy?



Follow these simple purposeful play steps to encourage your little one to roll tummy to back:

Step One:

- **Make sure your little can push up onto their elbows during tummy time.**
 - Helpful Tips: If pushing up onto elbows is too hard on the floor or if your baby swims with arms out to the side, elevate their upper body to make the activity easier.
 - How: Use a boppy pillow, prop-a-pillar, wedge, your legs, your chest - anything to lessen resistance from gravity. THEN tuck their arms under AND place toys at eye level.
- **Why must your little one be able to push up onto their elbows before rolling?**
 - Pushing up onto elbows develops shoulder and arm strength necessary to bring their arms into their chest AND push with during the roll. Without proper strength and motor planning to push your little one may get stuck on their belly.



Step Two:



- **Encourage reaching with hands and tracking toys with their eyes during tummy time**
 - Helpful Tips: Place toys, books, or any other motivating items in front of your child, making sure the item is within reach.
 - How: During tummy time and floor play, cup your hands around their shoulders, rock gently to one side to off weight the opposite arm and show your child how to reach forward with the free arm. Be sure to practice to both sides.
 - Helpful Tips: Hold toys about 12 inches from your child during tummy time and move slowly from right to and from left, encouraging them to follow and turn their head.
 - How: Use light up toys, your face, sounds makers, anything that fascinates them. Try encouraging them to follow the toy and look up and over their shoulder.
- **Why must your little one able to reach and track toys up and over their shoulder?**
 - This is the exact movement pattern that encourages the weight shift onto one arm. Once your child can master leaning onto one shoulder while looking past the opposite shoulder and reaching for a toy with the free hand...