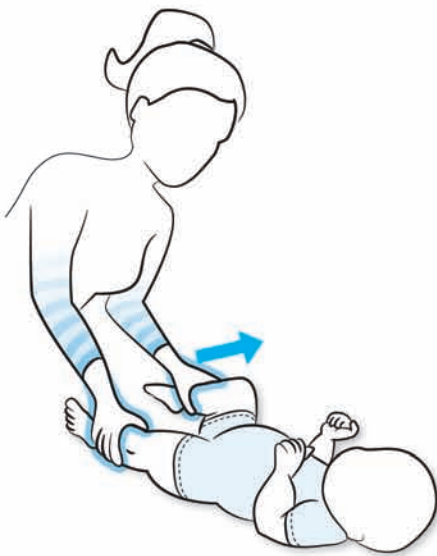


An important activity for newborn babies is spending time learning to roll. Try to include rolling in your daily activities.

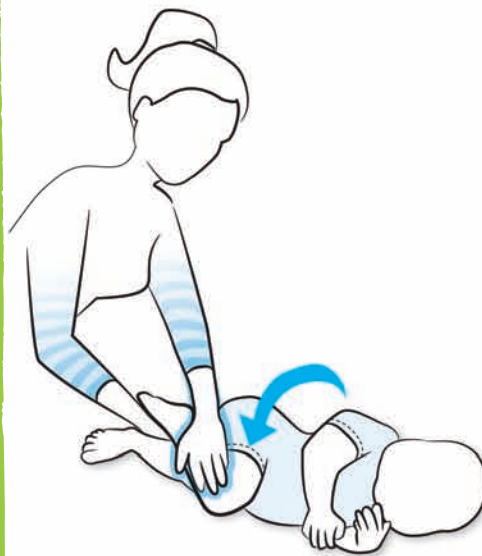
Rolling gives your baby the chance to:

- **move to different positions such as on their back, side and tummy**
- **develop the strength, balance and control to move onto crawling**
- **explore the world around them by shifting their weight.**

Getting started



- **Place a blanket or mat on the floor. Lay your baby on it on their back.**



- **Place one hand on your baby's hip and the other on the top of their leg.**
- **Guide your baby onto their side then onto their tummy.**
- **Arms will get stuck but give your baby a few seconds to try and free them.**



- **Let your baby play on their tummy, then roll them onto their back and roll the other way to play.**

Helpful hints for rolling

- Teach your baby to roll when they are fully awake and happy. A good time for this is following a nappy change, a good sleep or after burping.
- Make sure that your baby has plenty of room to move and roll. Take away any objects that may cause accidents.
- Stay close and watch your baby play and roll.
- Look into their eyes, smile and sing. This helps with bonding and brain development.
- Tell your baby what you are doing to help them move, e.g. "Let's roll over" or "Roly poly over" in a sing-song voice.

cont'd over

Helpful hints for rolling cont'd

- Place a special toy to one side a little above their head and encourage your baby to move and roll to play with it. It is ok to help them if they are struggling or not moving at all.
- Help your baby only when they look like they need it.
- Get excited, smile and praise your baby when they try to roll, even if you help a little “clever girl/boy, you rolled over on your own.”
- Put your baby in a safe place on their back/tummy where they can see things moving such as washing blowing on a line and trees outside that may encourage them to move and roll.
- All babies are different. Try not to compare your baby to other babies.
- Try rolling over and back at each nappy change.

Other play positions

Some babies fuss or start to cry when they are put onto their tummy. This is because they are not use to the position, and it can be hard work for them. If this happens try these other positions.

CHEST



LAP



BACK



If your baby isn't happy on the floor, lay them on your chest or lap. Your baby will enjoy being close to you and looking into your face whilst still being on their tummy.

If your baby starts to get upset, roll them onto their back and play peek-a-boo, or sing songs with simple actions such as gentle clapping that can be calming and fun.

REMEMBER, always stay with your baby when they are on their tummy.

REMEMBER:

- There is a link between babies sleeping on their tummies and SIDS (Sudden Infant Death Syndrome).
- If your baby falls asleep on their tummy, turn them over immediately to sleep on their back.

For further information about SIDS, talk to your doctor or Child and Family Health Nurse at your local Community Health Centre or visit www.sidsandkids.org