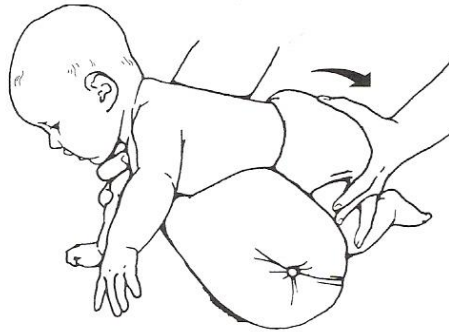


HEAD & NECK STRENGTHENING

MOTOR DEVELOPMENT - 8 PRONE: Quadruped with Support

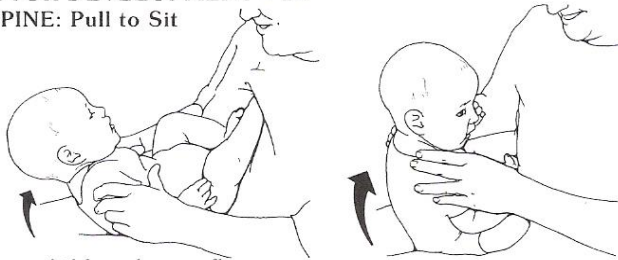
See 12 

- Place child over bolster or your leg. Hold sides of hips and pull bottom back over heels.
- Child may need help to bring chest up or to bear weight on straight arms.
- Keep legs from stiffening or spreading too far apart.
- Hold position for 30-60 seconds.



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MOTOR DEVELOPMENT - 14 SUPINE: Pull to Sit



- Lay child on lap or floor.
- Place hands on child's shoulders to roll forward. Slowly bring child to sitting position.
- Use toys to encourage infant to pull forward.
- Head, back and shoulder should not arch backward.
- Hold position for 30-60 seconds.

CAUTION: Head should not flop backwards.

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Have your infant engage in Tummy Time three times a day. Start with your infant on their tummy for one minute, and work their way up to thirty minutes. If your infant is uncomfortable on their tummy, place a towel roll or bolster under their shoulders and chest to prop them up and relieve some pressure from the tummy.



Tummy time can be achieved on the floor, over a pillow or bolster, or even when laying on mom or dad's chest. Providing your baby with toys to use only during tummy time and making tummy time a bonding moment between you and baby will help make tummy time special and fun.