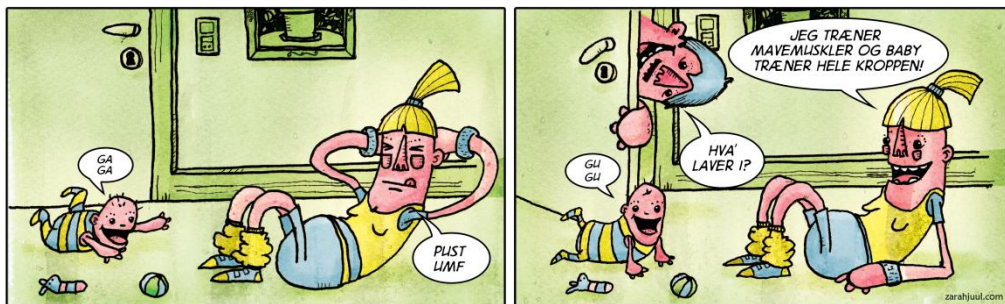


Tummy time

At ligge på maven



KLOGT - Undgå skævt hoved

www.sundhedstjenesten-egedal.dk

Engelsk

Health Visitor Service

Your child should show interest in lifting his head already from the very beginning, and become better at it each day. If this is not the case, you should start stimulating your child now.

In order to do this, you should place your child on his stomach.

Your child may already be happy to lie on his stomach, and if that is the case, you should of course continue. The prone position is the best starting point for your child's continued motor development.

If your child does not enjoy lying on his stomach, you can help him in different ways:

- It is important to stimulate your child's sense of balance, which can be done by swinging, twisting, rocking, rolling, and hopping with your child in different ways, in the tempo and intensity your child is comfortable with.
- Your child has an inborn reflex, which provokes head lifting, and you can trigger this by stroking your child on his back, preferably while he is unclothed.
- Place your child on his stomach each time you change his diaper, so your child can become accustomed to the prone position.



Many children become accustomed to lying on their stomachs after the above measures.

If your child still does not enjoy lying on his stomach, it's a good idea to begin training with him.

Teaching your child to lie on his stomach can take time. It should take 14 days at the most, if you follow the program below. We hope you will use the necessary time, so you strengthen your little child's motor skills as much as possible.



How to proceed:

Each time you have held your child, lay your child on his stomach, preferably on the floor on a little blanket. Lie down beside your child, let him entertain himself for a little while, and when your child begins to fuss, entertain him. When he begins to cry, turn him onto his back.

After a pause of about 5 minutes, turn your child onto his stomach again, and let him play on his own. When he begins to fuss, play with him, e.g. with a ball in front of him, and when he begins to cry, turn him onto his back again, or pick him up.

Repeat this 3 times and after half an hour, you can begin again.

Each time your child lies on his stomach, he can lie a little longer before crying. After a few days, he should be able to lie a little on his own, without you needing to lie beside him, and gradually it will become longer and longer.

Once your child has strengthened the muscles in the backside of his body, he will be able to lie on his stomach for longer periods of time. And your child will eventually be able to lift his head more and more from the surface and begin to support himself on his arms.

From this position your child will be able to develop and begin to move more and more. Your child will try to take hold of the surrounding toys and will eventually be able to turn on his own axis. Then he will begin to creep and crawl, and finally stand up and walk and become ready to conquer the world.

