

Activity ideas for babies - Learning to roll and crawl

1. Do a lot of tummy time

- Encourage baby to play while bearing weight on their forearms. Also encourage baby to push their chest fully off the ground and to reach up for toys.



- Here are some alternative tummy time positions:



2. Practice pivoting

- Give baby opportunities to pivot while on their tummy. Put toys to the sides or in a circle around them so they have to turn and reach. You can try bare skin on the floor (without blankets) to help baby have more traction!

3. Play in side lying

- Provide opportunities for playing on the floor in side lying. Give baby hands-on support, or use a rolled-up blanket, to encourage them to stay in this position to play if needed.
- Eventually, you can help baby practice side lying on a propped elbow



4. Moving from sitting to hands and knees

- Encourage baby to practice transitioning from sitting to hands and knees:
 - When they are sitting on the ground, help them move their body forward over their hips and then place their hands on the ground so they move into a crawling position .



- You can have them play on hands and knees over your outstretched leg on the ground, or over a cushion on the ground too.

5. Rolling

- From back, gently guide the baby's leg across midline (e.g., right leg over left) to start a roll. Support the hip and shoulder as they complete the motion onto their tummy.
 - Use toys or your face on the side they're rolling toward to motivate them.
 - Place toys just out of reach to the side to promote weight shifting and reaching.
 - Alternate sides to prevent preference.
 - Add a rattle or mirror to attract attention across midline.



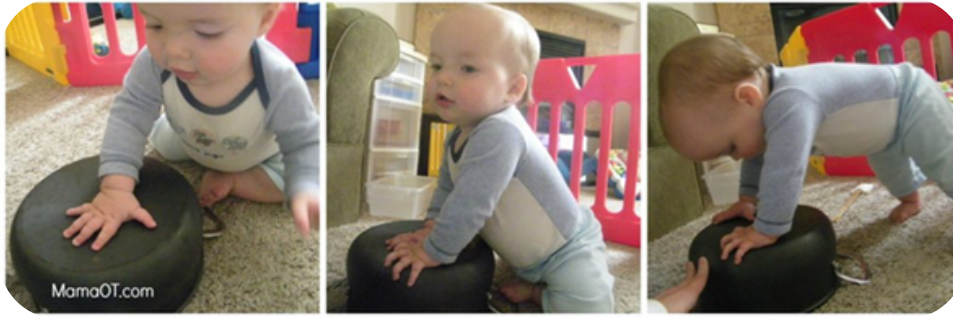
6. Crawling

- Give baby opportunities to belly crawl.



Now help nudge your baby from almost-crawler to crawler!

- Elevate the surface for baby's hands



- Let baby play in front of a mirror.
- Place a rolled-up blanket or cushion under baby's tummy while they are on hands and knees. You can use your leg too.
- Crawling through tunnels can be motivating (e.g. cardboard box cut-out or a fabric tunnel).
- Get them outside on grass, dirt or sand. It can be motivating and easier to move.

Talk to a CDC physiotherapist if you have any questions about your baby's movements.