



Movement

Baby

Prone position (on the stomach)

- Lie your child on their stomach as often as possible from birth. This gives your child the opportunity to develop their back. From the prone position, your child also learns to get into other positions. Practising lying on the stomach is important to be able to play on their stomach, sit and crawl later.
- Place your child on their stomach in the playpen, on a rug on the floor, crosswise on your knees or on the changing mat while you dress or undress them.
- You can make it easier for your child to lie on their stomach by putting some pressure on their buttocks with your hand.
- If your child does not like to lie on their stomach, try this: let your child lie on your chest in the prone position. Your child can get used to the prone position while lying comfortably with you.
- Have your child rest on their forearms in the prone position. That makes it easier.
- Give your child something to look at. If your child is fascinated by a toy or other children, they will be able to stay on their stomach for a little longer. Always place a toy directly in front of your child when they are lying on their stomach.
- Add the prone position to your child's daily care. Try carrying your child on your arm in the prone position, dressing your child in the prone position or cradling your child in the prone position.
- Do not put your child on a slippery surface or playmat that can slip. A surface that is too slippery will make it difficult or impossible for your child to move because they don't feel safe.
- Changing the environment often (playpen, playmat, changing mat, mom or dad's stomach) encourages your child to play on their stomach.
- When your child is about 4 or 5 months old, they will be happy playing on their stomach.

Picking up, carrying and putting down

- Make sure you always support your child's buttocks. Hold one hand as a "chair" between their legs. Your other hand should support their shoulders, neck and head.
- It is better not to lift your child under the armpits, not even to position them differently. In that case, the neck does not get enough support.

Supine position (on the back)

- Make sure your child has enough space to move around, don't put too many toys in the playpen.
- Do not put your child on a slippery surface in the playpen or on a playmat that can slip. This will make it difficult for your child to try out movements. A terry cloth playpen mat provides good grip.
- Hang a baby mobile or toy directly above your child, above their belly button. This allows your child to see the toy well and reach it with both hands.
- Hang a cord above the bed or playpen where you occasionally hang new toys. Do not hang too many toys at the same time. Your child only needs 1 or 2 toys. Remove the cord for safety when your child can sit or pull up.

- If your child starts grasping, offer a toy that your child can grasp with both hands, such as a rattle with two handles.
- Put your baby in bed with their head at the foot of the bed from time to time (or turn the bed around) so that they face the other way when you come in, or if they want to look at the light.
- You can carry your child in a baby carrier from 6 weeks. Your child lies comfortably on their back in the carrier.
- They get to know their body by playing with their feet and hands. Put fun rattle socks on your child to encourage them to play with their feet sooner.

Side position

- Also regularly lay your child on their side, for example, in the playpen. Being able to lie on one side stably is important for your child's motor development.
- If your child does not stay on their side, check whether your child is comfortable on their shoulder: with both arms forward, so that they can play with both hands. Make sure the head is slightly bent forward so that they can see what they are doing with their hands.
- Put a rolled-up cloth behind your child for support. This makes it harder for them to roll back.
- Alternate lying on the right and left sides, so they get used to both positions.
- If your child is lying on their side, you can make it easier by putting some pressure on their hip with one hand.
- Lie in front of your child - on the bed, for example. Talk to them or sing a song. This will keep your child interested, and help them stay on their side longer.

