

Movement - Baby





Physical activity is important for your child's development. Lying on the stomach, back, or side, rolling, and grasping. With these tips and ideas, you can support your baby in a safe and enjoyable way, and at their own pace. Small moments throughout the day can make a big difference.

Tummy time (laying on the stomach)

- From birth, place your child on their tummy as often as possible, even if only for a short time. This gives your child the opportunity to develop their back muscles. Lying on their tummy also helps your child learn to transition into other positions. Practicing tummy time is essential for later stages, enabling them to play on their tummy, sit up, and start crawling.
- Lay your child on their tummy in the playpen, on a rug on the floor, across your knees, or on the changing pad while you dress or undress them.
- You will make it easier for your child to lie on their tummy by applying some pressure to their buttocks with your hand.
- If your child doesn't like lying on their tummy, this often works: have your child lie on their tummy on your own chest. This way, your child can get used to lying on their tummy while snuggling comfortably with you.
- Let your child rest on their forearms while lying on their stomach. That makes it easier.
- Give your child something to look at. If your child is captivated by a toy or other children, he will be able to lie on his stomach for a little longer. Always place a toy directly in front of your child when he is lying on his tummy.

- Incorporate tummy time into your child's daily care routine. For example, carry him on your arm in a tummy-down position, dress your child while he is lying on his tummy, or rock him in a tummy-down position.
- Do not place your child on a slippery surface or a play mat that could slide away. On a surface that is too slippery, your child will struggle to move or may even refrain from doing so altogether because they do not feel secure.
- Constantly changing the environment, whether it's a playpen, play mat, changing pad, or your tummy, challenges your child to play on their stomach.
- When your child is about 4 or 5 months old, he can usually entertain himself and play well on his tummy.

Picking up, carrying and putting down

- Always ensure you provide support to your child at the base by: supporting their bottom, placing one hand between their buttocks to act as a seat, and using your other hand to support their shoulders, neck, and head.
- It is best not to lift your child by the armpits, not even to lay them down in a different position, as this does not provide sufficient support for their neck.

Laying on the back

- Make sure your child has enough room to move; do not put too many toys in the playpen.
- Do not place your child on a slippery surface in the playpen, or on a play mat that could slide away. Otherwise, he will struggle to experiment with movements. A terry cloth playpen mat provides sufficient grip.
- Hang a baby mobile or toy directly above your child, positioned above their navel. This way, they can see the toy clearly and reach it with both hands.
- Hang a cord above the crib or playpen, and attach new toys to it from time to time. For safety reasons, remove the cord once your child is able to sit up or starts pulling themselves up.
- Don't hang up too many toys at the same time. One or two toys are enough for your child.
- When your child starts reaching, offer a toy that they can grasp with both hands. For example: a rattle with two handles.
- Occasionally lay your baby down in bed with his head at the foot of the bed (or turn the crib around) so that he faces the other way when you enter the room or when he wants to look at the light.

- From 6 weeks of age, you can use a baby carrier for your child. In it, he lies comfortably on his back.
- Your child gets to know their body by playing with their hands and feet. Put fun, colorful rattle socks on your child; this will encourage them to start playing with their feet sooner.

Side position

- Regularly place your child on their side, for example in the playpen. Being able to lie stably on one's side is important for your child's motor development.
- Is your child having trouble staying on their side? Then check if he is lying comfortably on his shoulder: with both arms forward, so that he can play with both hands. Ensure that their head is tilted slightly forward, so your child can see what they are doing with their hands.
- Place a rolled-up cloth behind your child for support. This makes it less likely for him to roll back.
- Alternate between lying on the right and left sides. This way, your child gets used to both positions.
- If your child is lying on their side, you can make it easier for them by applying some pressure to their hip with one hand.
- Lie down in front of your child, for example on the bed. Talk to your child or sing a song to him. This keeps him engaged and helps him stay lying on his side for longer.