

# New Moves

“Play with me and help me learn to roll.”

*Rolling me...*

“Help me roll onto my tummy, let me look around and play with me.”



“I like it when you stay and watch when I’m on my tummy.”



*Playing with me...*

“I like it when you smile, sing, talk to me and clap my hands.”



“If I’m not happy on my tummy roll me onto my back and play games like peek-a-boo.”



“It is safe for me to be on my tummy when I am awake and you are with me.”

*Back* to sleep, *Tummy* to play

## Facilitator note.

The *New Moves Fact Sheet* has been developed to use with families with babies 0-6 months. It is important to read out all of the information on this fact sheet to parents and carers. This will help to improve their knowledge and awareness regarding age appropriate play activities for their baby.

### Introduction

An important part of active play for newborn babies is spending time learning to roll. Try to include rolling in your daily play activities.

It is important that your baby spends time learning to roll from birth as this will:

- give your baby the chance to lie in different positions such as on their back, side and tummy
- let your baby explore the world around them
- help your baby develop the strength, balance and eyesight needed for crawling.

## Facilitator note.

Refer to the pictures on the front of this fact sheet and the *New Moves Poster* when speaking to parents and carers about helping their baby to roll.

### Teach your baby to roll

- Place a blanket or mat on the floor. Lay your baby on their back.
- Place your hand over your baby's hip and on top of the leg, roll your baby onto their tummy and let their head follow. Your baby will find it easier to learn to roll from their back to their tummy.
- Roll them slowly so they have time to feel the movement and start to use their own muscles to finish the roll.
- Stay close and watch your baby play and roll. Help your baby when they look like they need it.
- As your baby grows they may be awake for longer. Include rolling as a fun activity a few times a day.
- If your baby starts to get upset roll them onto their back and play peek-a-boo, or sing songs with simple actions such as gentle clapping that can be calming and fun. Try again another time.

### Helpful hints

- Teach your baby to roll when they are fully awake and happy. A good time for this is following a nappy change, a good sleep or after burping.
- Make sure that your baby has plenty of room to move and roll. Take away any objects that may cause accidents.
- When your baby looks at you, look into their eyes and smile or sing. This helps with bonding and brain development.
- Tell your baby what you are planning to do, "I'm going to roll you onto your tummy now". They will begin to recognise the signs for rolling and feel comfortable with the activity.
- Place a special toy to one side and encourage your baby to move and roll to play with it. Help them move and reach for it if they are struggling.
- Put your baby on their back or tummy where they can see things moving such as washing blowing on the line and trees outside that may encourage them to move and roll.
- Get excited and praise your baby when they try to roll or roll with a little help from you.
- Remember all babies are different, so don't compare your baby with other babies.

## Facilitator note.

Finish your session by reading out the following key safety messages.

### Remember

- There is a connection between babies sleeping on their tummies and SIDS (Sudden Infant Death Syndrome).
- Always supervise your baby when they are playing on their tummy.
- If your baby falls asleep on their tummy immediately roll them onto their back.

Back to sleep, Tummy to play