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***On the move:
Developmental guidance
for babies and toddlers***

A family-friendly guide



**Physiotherapy Department
Royal Aberdeen Children's Hospital**

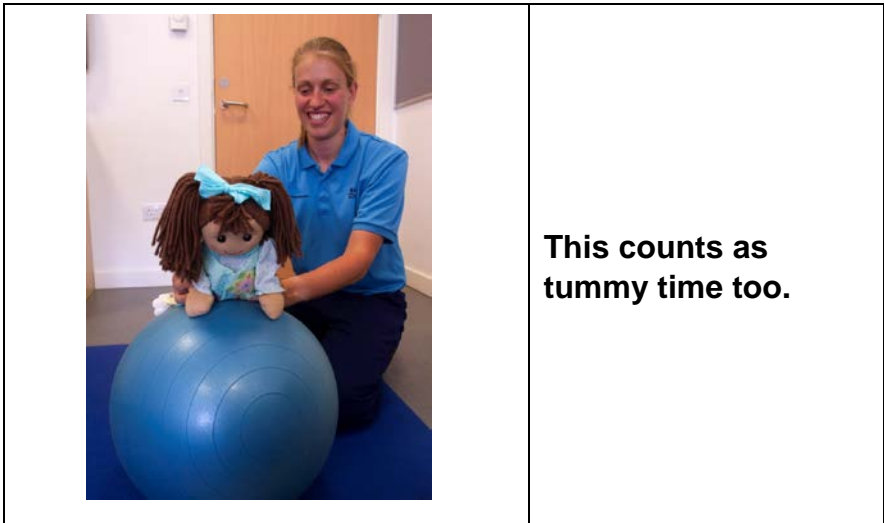
What's this leaflet about?

Some children take longer to learn how to move from one position to another. This leaflet contains some ideas to help your baby progress to the next stage of their development and on to independence.

Tummy time

Remember – any position where your child's head is further forward than their hips is "tummy time". This is a really important step which helps children move on to develop all of the other movement patterns.

Think about crawling, or standing up from the floor without leaning forwards. It's impossible! ”.



If you'd like more information about tummy time, ask for our leaflet "*About tummy time with your baby*" (leaflet ID number 1821).

Rolling

Method 1:



You can guide your child from the hips like this ...

Method 2:



... or using their hands, like this. Take your time and wait for your child to join in.

From lying to sitting

Lying on their back: Stage 1



Hold both hands, and gently pull your child up to sit.

Lying on their back: Stage 2



Once they've mastered that and are joining in with the movement, try using just one hand. Take their hand across the tummy as you pull up, and see if your child helps by pushing on their free hand.

Lying on their side:



You can also help your child to sit up from lying on their side. Help them to push on one hand while you give a little push down on the hip.

From floor to sitting

Lying on their tummy: Step 1



**From tummy lying,
bring your child
up to sit on their
heels ...**

Lying on their tummy: Step 2



**... then tip their
bottom to one side
...**

Lying on their tummy: Step 3



... and guide them round into sitting.

You can do this in reverse to move from sitting onto the tummy.

From sitting to standing

Step 1



Support your child in sitting on your lap, or astride your leg.

Step 2



Help them to lean forwards and push through their legs to a standing position.

Remember “Nose Over Toes”!

With regular practice, your child will soon master these steps and become more independent.

From floor to standing

Step 1



Start in high kneeling, in front of a low table or sofa. Their knees should be under their hips.

Step 2



Help your child to bring one foot forwards, then guide them in to a standing position. At first, they'll need a lot of help, but with practice, they'll join in and then start to manage by themselves.

Useful contact details

If you need any further advice, please contact your Health Visitor, GP or physiotherapist.

Royal Aberdeen Children's Hospital

 **01224 552669**

Aberdeen North Child Development Team

 **01224 710775**

Aberdeen Central Child Development Team

 **01224 498091**

Aberdeen South Child Development Team

 **01224 291870**

Kincardine & Deeside Child Development Team

 **01569 792028**

Inverurie Child Development Team

 **01467 672771**

Fraserburgh Child Development Team

 **01346 585143**

This leaflet is also available in larger print.

Other formats and languages can be supplied on request. Please call Quality Development on 01224 554149 for a copy. Ask for leaflet 1834.

Feedback from the public helped us to develop this leaflet. If you have any comments on how we can improve it, please call 01224 554149 to let us know.