

Tummy Time, Rolling and Crawling



An activity guide for under-fives



**SPORT
NEW ZEALAND**

On 1 Feb 2012, SPARC
changed its name to Sport NZ.
www.sportnz.org.nz

? What is Active Movement/ Koringa Hihiko?

😊 Active Movement is just as important for newborns as it is for older children. By helping your child to get active, you help their body to develop, you help them to learn and to feel safe, and you show them they are loved.

The Active Movement series of brochures helps you with ideas for fun activities.





? Why is tummy time important?

😊 Squirming, rolling, crawling, sitting, touching, standing and walking all help develop the brain and the body.

- They are a vital part of our children's development.
- Infants, toddlers and young children all benefit from doing these movements.

😊 **While baby is awake it is important to have tummy time.**

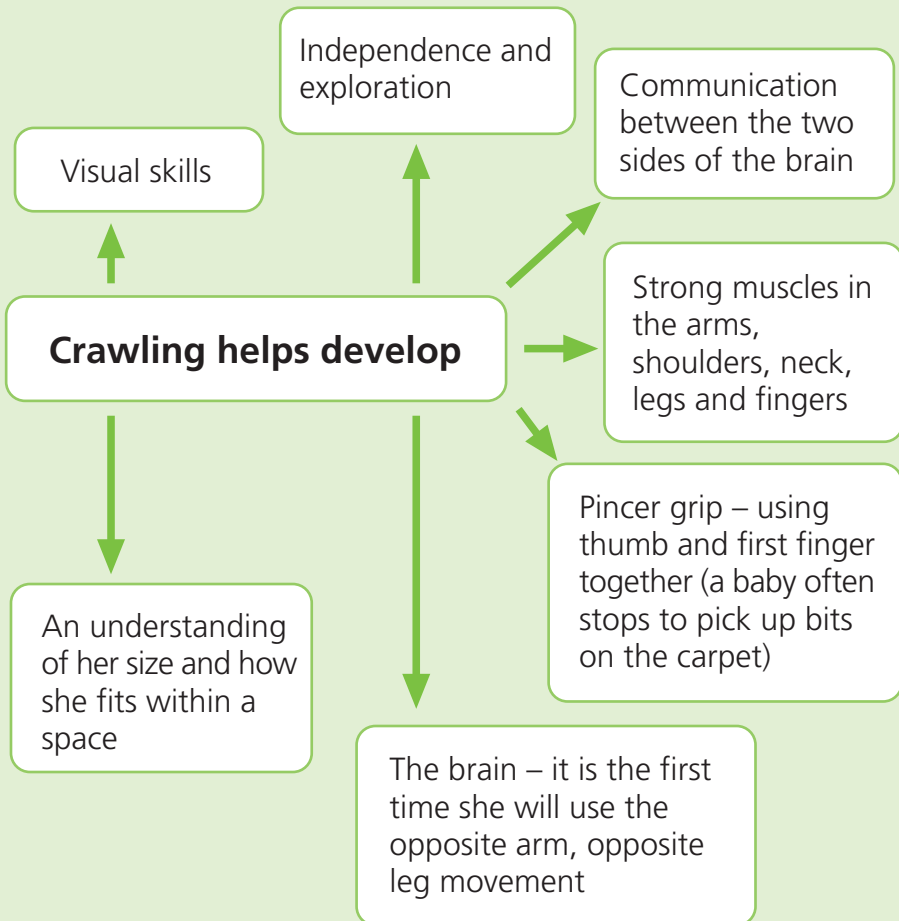
- Important muscles used for moving and exploring are strengthened (legs, arms, back and neck).
- Whenever you can, take baby out of her bouncy seat or the highchair or off your knee and let her move and explore on the floor.
- If your baby doesn't like being on his tummy, try placing him on his tummy for short periods while you play with him and distract him. (Some babies enjoy tummy time more when they are lying on you!)

😊 Rolling helps infants to develop balance, strength and their eyes. Most babies learn to roll from back to front and then front to back.

😊 Infants enjoy sitting up when they are strong enough to push themselves into a sitting position and hold themselves that way.

- Infants need to crawl along the ground and then push themselves into a sitting position, when they are able to hold their bodies up off the ground.
- Prop a baby to sit where she is supported, like in a highchair with straps or a safety harness.

? Why is crawling important?





? What do I need to know about crawling?

- 😊 Encourage your baby to crawl rather than bottom shuffle so his muscles develop and he learns to use the opposite arm, opposite leg movement.
- 😊 Before your baby crawls, she may rock back and forth for a few weeks. She is checking she can shift her weight from her upper body to lower body.
- 😊 All children are different and learn to do things at different times and in different ways. Your infant may 'commando crawl' on his tummy (pull himself along) before he gets up on his hands and feet or he may go straight to crawling.

? What do I need to know before I start?

- 😊 Remember to watch baby when he is on his tummy, to keep him safe.
- 😊 All activities are for boys **and** girls.
- 😊 It is the **order** in which they gain body skills that is important, not **the age** that they gain them.
- 😊 Remember, when children are active, stay around them to **keep them safe**.

Activities for Newborns and Infants

He ngohe mā ngā Pēpi



These activities can also be done with toddlers and young children.

I learn by spending time on my tummy.





- ▶ Lie on your back with baby lying facing you on your tummy.



- ▶ Dance with baby while holding and supporting her on her tummy.

- ▶ Lie on your back and lay him on your legs on his tummy. Lift him up and down gently.



- ▶ Read a book to her while she is on her tummy.

More activities to do with newborns and infants


- ▶ Massage him after a bath while he lies on his tummy.
- ▶ Roll a ball in front of her while she lies on her tummy so she will lift her head and watch it.
- ▶ Blow bubbles near him so he can watch them move.





**I learn by crawling
into, out of and
over things.**



More activities you can do with your newborn and infant, next page 

More activities to do with newborns and infants

▶ Crawl over and around the furniture.

▶ Crawl on the grass outside.

▶ Crawl over surfaces that feel different.

▶ Place toys just out of reach to encourage her to crawl forward.



▶ Crawl down an incline – gently hold onto his waist as he does this. If you have a grassy slope nearby, crawl up and down this.

▶ Chase her as she crawls around the room and let her chase you too.





▶ Play games crawling through boxes.

▶ Allow her to crawl under your outstretched arm.



▶ Make tunnels out of chairs to crawl through.



Activities for Toddlers

He ngohe mā ngā Tamariki Nohinohi



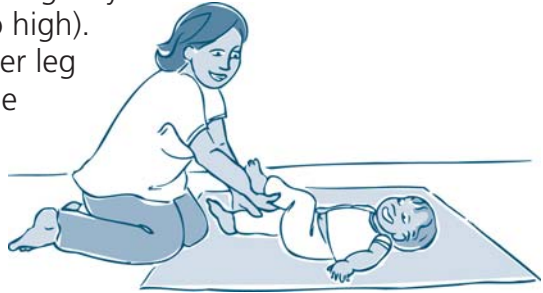
These activities can also be done with newborns, infants and young children.



I learn by rolling.



- ▶ Lay baby on her back and gently lift her leg up (not too high). While holding the other leg down, slowly move the raised leg in a small circular movement. Repeat with the other leg.



- ▶ Lay baby on his back and gently lift his leg up (not too high). While holding the other leg down, cross the lifted leg over the leg on the floor to the other side and roll him over onto his tummy.



- ▶ Lay baby on a raised surface so there is a slight incline. Gently roll her down the incline. Go back to the top and roll the other way.

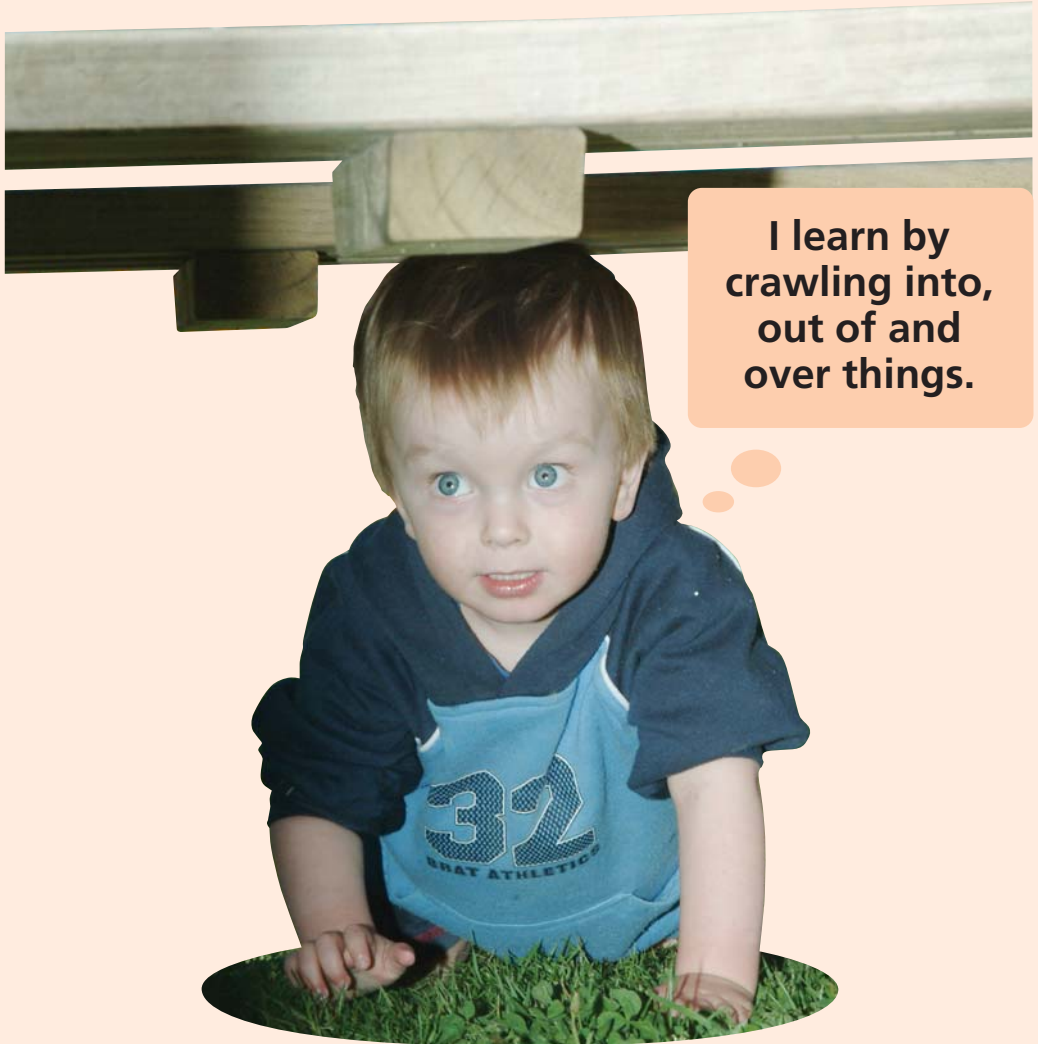


More activities you can do with your toddler, next page ▶

More activities to do with toddlers



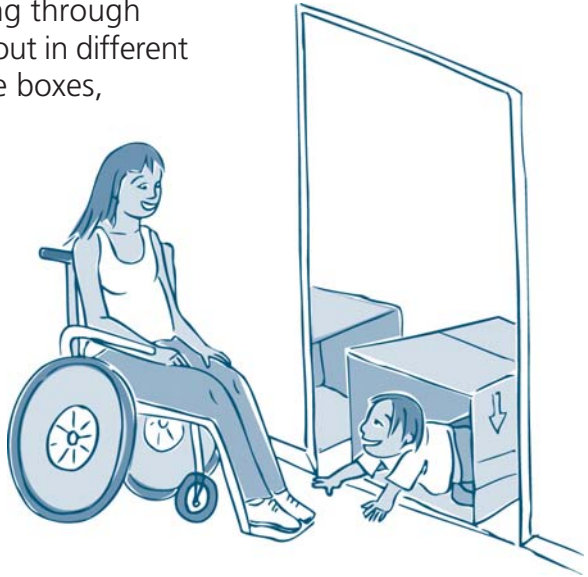
These activities can also be done with young children.



I learn by
crawling into,
out of and
over things.

▶ Pretend to be different four-legged animals – a fun activity for the whole family.

▶ Play games crawling through boxes that are laid out in different ways (go inside the boxes, between them, beside them).



▶ Climb a ladder (this is vertical crawling!).

Activities for Young Children

He ngohe mā ngā Kōhungahunga



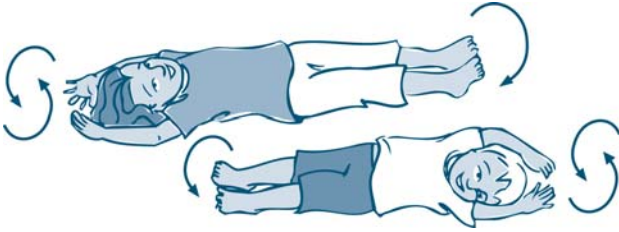
These activities can also be done with toddlers.

I learn by rolling.





- ▶ Older children may like to be rolled and unrolled in a blanket, rolled gently down a hill, or simply roll from one side of the room to the other like a pencil.



- ▶ If you have a hill in your playground, rolling down this can be lots of fun for older children too.



More activities you can do with your young child, next page ▶

More activities to do with young children



These activities can also be done with toddlers.

**I learn by crawling
into, out of and
over things.**





▶ If you have a group, play tag. If you are tagged, crawl around until another person frees you.



▶ Build huts together that have lots of tunnels to explore. Try making the tunnels out of chairs with a blanket over the top.



? Where do I go for more information?

😊 This brochure is one of a series of 16 Active Movement resources:



Acknowledgements SPARC (Sport and Recreation New Zealand) express their sincere appreciation to the people and organisations who have contributed both directly and indirectly to this Active Movement resource.



Further information can be found on the SPARC website or call 0800 ACTIVE (0800 22 84 83).

www.sparc.org.nz

