



Your important health information

Infant positioning for development

Early development

The following are positions that your baby can experience to assist with their motor development, play skills and early communication. You can start these positions as soon as your baby is born.

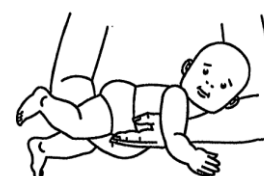
Face time

- Helps to develop eye contact, and early communication. It enables hands to reach and touch the legs and develops stomach muscles.
- Encourages your baby to keep head in line with the body, chin tucked and body straight.
- Make faces at each other, imitate sounds, or sing songs together.



Tummy time

- **Chest to chest**
 - Seat yourself in a recliner chair or couch with your back supported and your legs supported by the footrest of the chair.
 - Place your baby on your chest so that you are face to face.
 - This position helps to develop head control, muscles in the arms, shoulders and back.
- **Carrying over your arm**
 - Place your arm between your baby's legs, under their tummy.
 - Have your baby's head resting on your arm and keep your baby close to you for support.
 - This is a great alternative position to carry your baby.



Tummy time

- **Across your lap**

- Place your baby on their tummy across your lap.
- Bring their arms forward so they are resting on your thighs.
- To make tummy time easier, you can lift your leg slightly so baby is on an incline.



- **Nesting on their back time**

Supports your baby's:

- head so it is in the middle
- arms to assist with play
- hip and knees to promote kicking.

Only put your baby in this position when they are awake.



Further Information

If you have any questions regarding this information, please contact:

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