

INFANT POSITIONING FOR DEVELOPMENT



Mercy Health
Care first

The following are positions that your baby can experience to assist with their motor development, play skills and early communication.

Please check with your child's physiotherapist as to the readiness of your baby to be placed in the following suggested positions.

Face-to-face time: In your lap

- Helps to develop eye contact and early communication.
- Encourages your baby to keep head in line with the body, chin tucked and body straight
- Make faces, imitate sounds, sing songs



Face-to-face time: During cares

- Hold your face around 25 cm away from your baby's face
- Slowly move your face to both sides and up and down to encourage your baby to look and follow



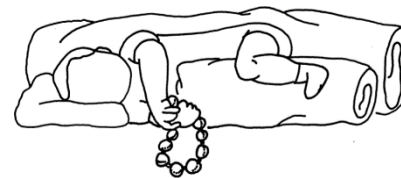
Nesting on their back time

- Supports your baby's head so it is in the middle
- Supports your baby's arms to assist with hands to the middle and mouth
- Supports your baby's hip and knees to promote kicking
- During awake times only



Side lying play: In cot

- Supports your baby's body position keeping head and body in the middle
- Helps your baby to bring their hands together in the middle and to their face
- Supports a curled up position with chin tucked and legs close towards the body
- You can use rolled up towels behind your baby for comfort



Side lying play: In your lap

- Supports your baby on their side in your lap
- Have feet supported up on a footstool so your knees are elevated. In this position you can help your baby explore their hands in mouth, hold hands together, introduce light weight toys



Cuddles in your arms

- Hold your baby tucked up in your arms
- This position supports eye contact and bonding



Tummy time: Chest to chest

- Seat yourself in a recliner chair 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



Tummy time: Holding over your shoulder

- Support your baby over your shoulder
- Have one hand supporting over your baby's hips and the other hand behind your baby's head



Tummy time: In cot

- Use a rolled up towel for support under your baby's chest
- You can support with your hand over their bottom or around the shoulders
- This makes it easier for your baby to lift their head



Further comments



For more information

If you have any questions or need further advice, please call us:

Department: Physiotherapy

Mercy Hospital for Women

Ph: (03) 8458 4281

Werribee Mercy Hospital

Ph: (03) 8754 3150

In the event of an emergency, please dial **000** for an ambulance or go to your nearest Mercy Health or other hospital emergency department.

Mercy Hospitals Victoria Ltd.

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