

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.

Face to face time

- Hands together/to face
- Hands to feet
- Early communication



Tummy time - chest to chest/kangaroo care

- Lie down on your back so you are propped up
- Place your baby on your chest so that you are face to face



Tummy time - carrying over your arm

- Place your arm between your baby's legs, under their tummy
- Have your baby's head resting on your arm
- Keep your baby close to you for support



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

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



Further Information

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

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Pictures in this information sheet sourced from:

1. *Positioning for play: Interactive activities to enhance movement and sensory exploration, 2nd edition (2010) by Rachel B Diamant and Allison Whiteside, PRO-ED Inc.*
2. *Physiotherapy Department, Royal Children's Hospital Melbourne.*

