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Fun development exercises for your baby

Exclusively for



Kinderkraft

and

Winstanleys
Pramworld

The background is a solid dark red color. It features several decorative elements: a large white circle at the top left, a smaller light pink circle below it, a teal circle at the top right, a medium red circle on the left side, and a large, dark red arrow shape pointing downwards from the left side. At the bottom right, there is a partial view of a red circle.

Tummy time is very important for your baby's development so put extra care into making sure, that your bundle of joy feels well when in that position. When it comes to baby tummy exercises, don't force your little one. Start with just a couple of minutes a day and gradually increase from there.

At first

Around the 2nd or 3rd week it's high time to start introducing the tummy time. It's best to put your baby's chest on a nursing pillow or a rolled up blanket at a 35-40 degrees' angle to shift the weight and take the strain off using the core muscles, so that the baby can focus on lifting its head. With time use smaller props and place sth. in front for entertainment, you could be making hand gestures and singing songs. It is a great idea to massage the baby in such a position after the bath time, whilst making soothing sounds. **This helps the baby get used to the tummy time and get calmer.**



Grasp Training

(0+)

When your little one is lying propped up on its tummy (make sure its hands are free to move around), then slowly put your finger in your baby's palm and wait for your baby to grasp it. You can do it regularly for both palms to help develop the muscles.

Helps improve: tactile stimulation.



The relaxed roll

Getting your baby used to tummy time is one thing, but it's also important in its development to help it roll on its tummy and do so, so that your baby's body is relaxed once it's lying on the tummy and so that the position is comfortable. Remember, at first the baby's body is not used to such a position, thus to help the baby be relaxed, you can perform the following exercise:

Make sure to maintain eye contact as it calms your baby and start lying it on its back. You can add soothing sounds for a calming effect. With one hand hold both feet and place the other under the pelvis. Gently bring the feet towards your baby's face and then back down. *This move facilitates getting the back to roll with little effort.* Then in the same position roll the legs to right and left sides, be gentle and do not force it. Keep making soothing sounds.

Now instead of on your hand, rest the pelvis on your foot and gently pat your baby's chest and pad downwards. Continue making soothing sounds. This helps release the tension present during the first few months and getting used to this position. Follow this by slowly removing baby's pelvis from your foot and try the first motion of legs to the head. Notice whether it's stagnant or the baby is more relaxed. If not then repeat the previous steps again.



Now place your thumbs against your baby's knees, with the other fingers you can gently massage its legs. And slowly bounce the pelvis up and down. Again do not force anything. This impacts the chest motion and when lowered the baby learns to relax as well as release tension. Then slowly straighten the legs and continue the back and forth motion of the legs towards the head for a while.

Afterwards, whilst making soothing sounds hold your baby's legs separately with one bent and the other straight and roll the legs gently to the side so that the baby also turns. Do so slowly and always roll to the side of the straightened leg. Make sure to hold the knee of the bent leg, so that it touches the floor and massage the baby's side. Perform this action on both sides and return to the initial position.

After your little one gets used to the previous step, follow the same pattern, but this time holding baby's legs separately roll the baby until it's belly to floor. Keep monitoring its position and check whether the hands are stuck or it needs someone to help bend it's elbows. Then massage the baby whilst making soothing sounds. This helps: teach baby various positions and get relaxed as well as lay comfortably on the stomach whilst the tension in the chest releases.



Head lifts

(week 4 and up)

Your baby should be starting to lift head a little bit when doing Tummy Time. Get your little one to move by dangling a toy to look up at.

Helps improve: neck and head control. The baby mats, particularly those functioning as baby gyms, provide much entertainment and can help facilitate this. Select one that has various textures and features. Such add-ons like a mirror are a great addition as these keep your little one distracted during the tummy time.



Reach for it

(week 8 and up)

Show your baby a toy and move it towards their hand. Encourage your baby to touch it. Be sure to switch sides so both hands get a chance to feel. You can even use common household items like measuring spoons.

Helps learn:

to move their fists from closed to open.



Gaze up

(week 11 and up)

Use a baby's beloved toy, play in front of them while lying down while the baby is lying on its tummy to get it interested in looking up. Once you have the attention move the toy from side to side and encourage to look at it.

Improves:

head lift and gaze tracking.



Stick out

(week 11 and up)

When lying or sitting in front of your baby, stick out your tongue and encourage the baby to try. Though you can try this during diaper changes or playtime, we encourage to do it during tummy time.

Helps develop tongue control

Side sways

(week 9 and up)

When the baby is lying on its tummy on a mat, talk to them from left and right sides – wait until the baby looks at you and stay there a while before going to another side.

Helps learn to turn head in different directions.



Downwards hold

(week 4 and up)

Hold your baby facing it towards the floor. Make sure the baby is fully supported by your arm (particularly the belly and chest). Let the baby look downward and around and describe the world it's seeing.

It improves neck muscles and makes tummy time more fun.



Face to face

(2 weeks and up)

Lie down with your torso propped up and place the baby tummy down on your chest. Make sure to hold firmly, so that your baby doesn't roll off. Baby will try to lift its face to look at you.

Helps improve:

core muscles and neck muscles.





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