



Developmental physiotherapy for going home

Once your baby has reached their due date, they will start to be awake for longer between naps. **Play time is very important.** When your baby is settled, they can learn new skills, movements and enjoy your company.

Note: Pillows and rolls MUST NOT be used for sleep.

Always supervise babies during these activities.



Playing on their back during awake times

- Lay your baby on a **firm** surface i.e. playmat, rather than a soft bed/couch.
- Use a peanut pillow, or a rolled swaddle to assist your baby to keep their head in the middle.
- Helps strengthen their tummy and shoulder muscles.
- Reduces leg extension (straightening) and/or back arching.
- Helps their head become rounder.



Also use head support during both nappy changes and mat times such as lying on their back looking up at a mobile **UNTIL** they are able to hold their head in the middle on their own (usually about 4-6 weeks corrected age).



Nested on your lap

Head and shoulders supported on your lap. Bend hips and place legs up towards your trunk so they can see and touch their feet. Bring their hands together or to their face to suck their hands or grasp a toy.

Activities to do with baby on your lap

- Holding hands, massaging hands, hands to mouth, holding and touching toys of different textures.
- Head and face massage.
- Cycle their legs and massage their tummy with clockwise circles if they have wind or constipation.
- Looking at your face, toys, black and white picture moving slowly side to side.
- Have a chat, sing, tell stories and copy your baby's early sounds -start early communication.





Supported floor activities

- Nested on their back using a pillow placed behind to lean on.
- Use a rolled swaddle or peanut pillow under their head to keep head in the middle (if needed).
- Roll a towel/swaddle into a long 'sausage' and put it behind baby's knees, alongside their torso and behind shoulders. This keeps their hips and knees bent up, shoulders forwards and hands together.
- Use your face or toys to encourage your baby to tuck their chin, bring their hands to the middle and look down to their hands and knees.
- Place a small ring or toy in baby's hands to grasp and suck.

Note: This setup is only for floor activities while awake.

Do NOT use on bed or couch as there is a risk of falls.

Do NOT use for sleep





Tummy time

Tummy time is important for baby's head control.

Your baby will gain shoulder strength and stability with regular practice of tummy time.

Though tummy time is hard work for your baby it can be enjoyable!

Start tummy time at term (40 weeks): 30 sec - 1 minute is *plenty* of time at this age. Aim for a few tries throughout the day.

By 6 weeks: Progress to 2 or 3 minutes a few times a day.

Tummy time can happen in lots of ways:

- Start on your chest with support for the shoulders.
- On a pillow with a rolled towel under chest.
- Progress to tummy time flat on the bed with only the rolled towel (remove the pillow).

Playtime can include activities such as:

- Looking at you and watching your face while you chat.
- Look at a mirror toy or focus on a black and white picture book.
- Watching activity in the room or outdoors e.g. siblings, pets.





Side lying play

Side lying makes it easy for your baby to bring both hands together for play.

Try short periods of supervised awake playtime (both sides). Support your baby's hips to stay curled up by using a rolled towel behind their back, but not behind their head. Baby can practice tucking chin down to look at their hands.



Side lying on your lap

Roll your baby on your lap to play for a few minutes each side. Put your feet up on support so you are comfortable and their head is up.

Playtime can include activities such as:

- Exploring with hands in mouth.
- Holding or mouthing a toy or touching your face if you lie next to them, face to face.



Carrying positions

These positions encourage different muscles to work, and your baby will enjoy the new view!

Make sure you alternate sides and carry your baby on both your left and right arms.





Picking up your baby to develop head control

Try picking up your baby like this when they are awake and happy: grasp around their chest with your fingers behind their head to support if needed.



Slowly roll them to their side



Slowly lift up through side lying letting your baby help to lift their head.

Use your index fingers behind their head to support their head if needed.



Bring them fully up into sitting

Repeat this throughout the day whenever you pick your baby up e.g. on/off change table, floor or cot so they are having lots of practice all day long.





	<p>Physiotherapy: Going home talk video (YouTube)</p> <p>To see this information as a video - please scan this QR code to view or use this address;</p> <p>https://tinyurl.com/KEMH-Physio-Going-Home-talk</p> <p>Subtitles are also available from settings in YouTube.</p>
	<p>For more help:</p> <p>KEMH: Discuss concerns with your GP or paediatrician.</p> <p>OR</p> <p>If you have concerns about your baby’s development, raise it with your Child Health Nurse or self-refer to your local Child Development Services (CDS) for assessment with this QR code or use this address:</p> <p>https://tinyurl.com/CAHSreferrals</p> <ul style="list-style-type: none"> • Rural families please use WA Country Health Services: https://www.wacountry.health.wa.gov.au/Our-patients/Health-programs/Child-health/Child-Development-Services • Metro families use the Metropolitan CDS Referral Form.



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