

You're home with your baby, now what?

Threading movement into your baby's life from day one can help with improved motility (GI health), sleep, and your emotional connection.

Click any of the photos to see a video of the position!

0-3 months: we're home, now what?

Let's start with positions...

Book a Consult!



♥ TUMMY TIME: Only because that's what everyone seems to focus on (stress about?)

There is more than one way to do it, don't cry it out because "it's what we're supposed to do".

Why is it important:

- Help to stretch out their bodies after being cozily cuddled in our bodies (flexed)
- Establishes extension, first attempts at upright—think walking; its not too soon ☺

HOW:

- Holding your baby AGAINST your chest, even if you're standing, is tummy time
- Holding your baby ON your chest as you're lying down is tummy time
- Holding your baby over your arm is tummy time--this is a great position to relieve gas and to calm your body with additional movement (sway)
- Holding your baby over your lap is tummy time
- Gently turning your baby onto their tummy time during a diaper change or play is a great way of getting them there
- Raise the surface to make tummy time easier
- Tummy time over a physio ball is my FAVORITE way
- FINALLY, tummy time is TOGETHER time: get down on the floor and get in their face! ☺



♥ SIDE-LYING: What's that!?

Side lying strengthens the obliques, a group of core muscles responsible for turning and side-bending the trunk. Strengthening these muscles will help your baby roll, turn to reach when sitting, crawl, walk and even improve breath control

HOW:

- A towel roll or pillow cushion is all that is required—no fancy equipment or container needed
- Side lying over your arm is another great choice, calming for your baby and gives them a great view of their environment
- Side lying is great on your lap as well
- Side lying is also an excellent position to bond with your baby



♥ YOUR BABY WANTS TO RECLINE AND LOUNGE TOO

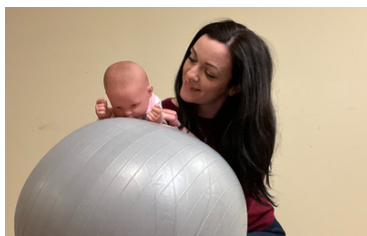
...and they're working hard while they're at it!

HOW:

- Recline your baby in your lap, with your hands at the shoulder blade (fingertips at nape of the head of the younger child with a significant head lag or at the shoulders for the older child with emerging ability to lift the head), help to elevate the trunk and head.
- This will help to elicit a chin tuck (think chin to test—great photo-op too!)

WHY

- The chin tuck position aligns and stabilizes the head, neck, jaw and tongue muscles to optimize sucking and swallowing
- The chin tuck stabilizes the visual system for midline organization
- Downward visual gaze and chin tuck are also important for standing alignment and balance—yes! You're working on standing at 0-3 months old!



♥ ACTIVITIES ON A PHYSIOBALL

- The physioball (yoga ball) is the one piece of equipment that I recommend universally (to every parent and at all ages.
- All the above positions can be performed on a physioball, with the added benefit of movement.
- Remember those kicks and your belly shifting side to side—babies love to move! Movement is CALMING to your little one.
- The physioball can also be used to make the activity more challenging or easier for your little if they are struggling.



The question that never fails♥..... How Much?

There is no specific amount of time that you should be "exercising" with your baby. A few minutes each wake period or diaper change ends up totaling to at least 20 minutes a day and makes a WORLD of a difference!

Loving Touch Pediatric Physical Therapy

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