Leeds Community Healthcare
NHS Trust

# Gross motor skill information for children with developmental delay

## Activities to develop lying on the tummy (prone)

### Ideas and advice for parents and carers



## General information

- Movement skills learned in lying are the building blocks of more complex movements such as sitting, standing and walking.
- Use only the positions your child is ready to use.
- A "little and often" approach works well for harder positions such as tummy-lying, but make sure your child has plenty of time in between where they are lying in an easier position.

## Prone (lying on tummy)

- Prone is an important position for developing head control, shoulder control and moving weight from one arm to the other in preparation for crawling.
- As children learn to push up on their arms, they begin to take more weight on their hips, which helps develop control of the hip muscles as well.
- Your child will be able to look around them more as they learn to lift their head for longer.

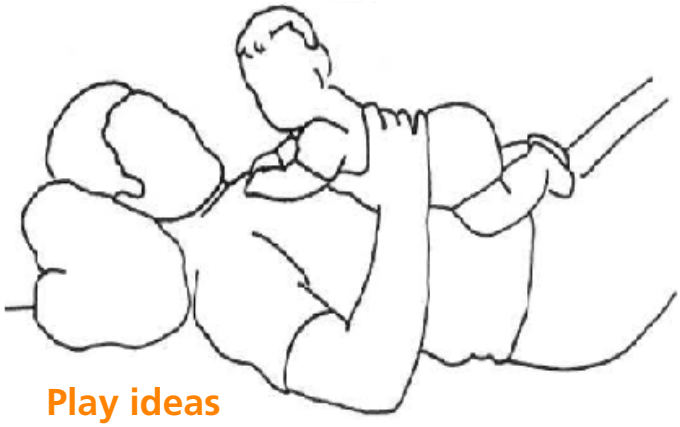
## Sequence

- Lifting head with body fully supported
- Propping on elbows
- Propping on hands
- Reaching for toy with hand on surface
- Reaching for toy in the air
- Pivoting on the spot

## Lifting head with body fully supported

### High support position

- Lying on your tummy with support around chest (see picture)
- Gently lift child's chest up



### Encourage

- Arms forward
- Lifting head in midline
- Weight bearing on elbows
- Little and often

### Play ideas

- Eye contact with adult (lie down in front of your child)
- Smiles
- Funny faces

## Propping on elbows

### Medium support position

- On floor, rolled up towel under chest (see picture)



### Encourage

- Arms forward
- Lifting head in midline
- Weight bearing on elbows
- Reaching forwards with one arm on floor level e.g. for rattle or toy

### Play ideas

- Touchy-feely mats
- Water filled mats
- Knocking down bricks
- Looking in mirror
- Looking at books

## Propping on elbows

### Minimal support position

- As time goes by and control increases, remove towel (see picture)



### Encourage

- Arms forward
- Lifting head in midline
- Supporting themselves on their forearms
- Reaching forwards and up with one arm at a time

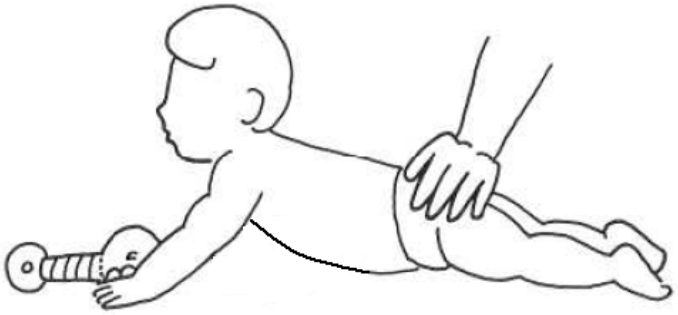
### Play ideas

- Touchy-feely mats
- Water filled mats
- Push and go cars / animals
- Rolling ball
- Looking in mirror

# Propping on hands

## Position

- Lift child's chest to help them put hands down then...
- Hand on bottom to stabilise (see picture)
- May need support at elbows initially
- Toys in front on floor level, then slightly raised



## Encourage

- Pushing up on both hands together
- Hands under shoulders

**More advanced** - reaching forwards or reaching up while supporting themselves on other hand

## Play ideas

- Water filled mats
- Knocking down bricks
- Rolling ball / drum
- Baby piano
- Lift the flap or touchy-feely books
- Push and go cars / animals

# Pivoting / turning on the spot

- Pivoting while lying on the tummy helps develop arm muscles, early crawling skills and independence
- Place toys to the side of child while they lie on their tummy
- Place your hand over child's hips to prevent rolling, help them to move one arm at a time in the direction of the toy
- Practice going in both directions



## Contact us

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