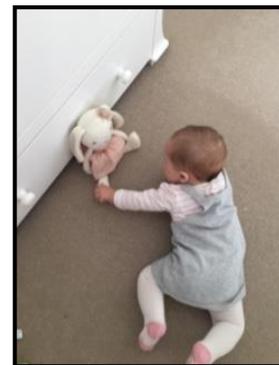
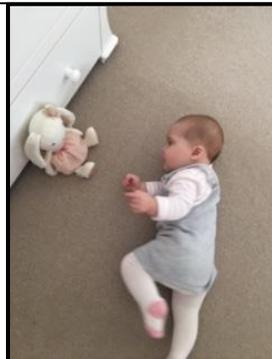


## Information for Patients

### Activities to Promote Rolling

### Physiotherapy Service

Rolling stimulates tummy muscles which need to be strong to encourage future development such as sitting. You can help your child learn to roll by guiding them over, through facilitating the pattern of movement.



Encourage your child to lay on their back and sides and place objects either side just out of arms reach, this will encourage your baby to reach out for the object and therefore start to learn how to roll. Use toys that interest your baby (musical, sensory, colourful), this will attract their attention and encourage them to rotate to reach. If they are struggling to bring their weight over, you can assist them by helping them weight shift at their hip, with their leg bent, to bring over their middle and onto their front. Put the toys a little out of reach but not too far so they are unable to collect. Give your baby lots of encouragement and praise when reaching for the toy/object.



**This document is available in Welsh / Mae'r ddogfen hon ar gael yn Gymraeg**