

Information for Patients

Activities to Promote Tracking & Midline

Physiotherapy Service

TRACKING AND FOLLOWING (Hands to Midline)

This is an important part of early development for children. You can encourage tracking with them lying on your knees or on the floor and encouraging your child to follow simple toys of interest to them from side to side.



SIDE LYING

Side lying is a lovely position for your baby. It allows your baby to explore and learn. Encourage side-lying by placing a rolled towel or pillow behind them and toys in front to encourage them to bring hands together and playing with simple toys in front.

Gravity helps bring hands together and feet together and encourages development opportunities such as bringing hands to mouth. This position helps their further development and skills.

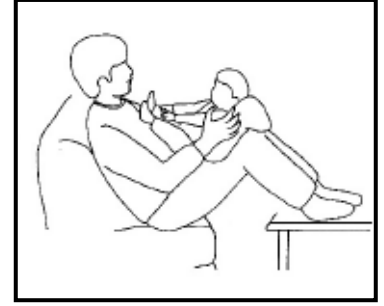
Whilst your child is in this position, you can encourage them to track toys (bubbles, lights, musical), following the toy side to side and up and down.



HANDS TO FEET

Placing your child on your lap as in the picture with their legs flexed to increase their body awareness and play with their hands to knees and hands to feet.

You can also do this in lying with a little rolled up towel under their bottom to help them lift their feet.



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