



Month 1: Tummy Time, Rolling and Crawling Introduction

Objectives of this module:

1. Caregivers will learn the importance of tummy time, rolling, and crawling in developing future motor skills.
2. Caregivers will learn fun and easy ways of incorporating these skills into their environments.
3. Children will strengthen upper trunk and upper extremity musculature through weightbearing activities.
4. Children will explore movement and their physical environments through rolling, creeping and crawling.

The Importance of Tummy Time:

- Laying on tummy while awake strengthens muscles around the trunk, neck, back, hips and upper extremities
- Necessary in the development of antigravity strength
- Tummy time provides much tactile and vestibular input into the sensory system
- This is the position in which infants first learn to move (pivoting and creeping forward)

The Importance of Crawling:

Both commando crawling (down on tummy) and four-point crawling (on hands and knees) help develop:

- Visual skills
- Independence and exploration
- Communication between the two sides of the brain
- Strong muscles in the arms, shoulders, neck, legs and fingers
- Pincer grip – using thumb and first finger together (a baby often stops to pick up bits on the carpet)
- The brain – is the first time she will use the opposite arm, opposite leg movement
- An understanding of her size and how she fits within a space.

The Importance of Rolling:

Lateral or log rolling along a floor or down a grade and forward tumbling help develop:

- Body awareness by providing children with proprioceptive and vestibular information
- Trunk and neck strengthening
- Promote in crossing midline and strengthening the connections between the left and right hemispheres of the brain
- And it's fun!

References:

SPARC: Sports and Recreation New Zealand. (2008). Tummy time, rolling and crawling. Active Movement.

District Muskoka Best Start Network

Developmental Expectations for Tummy Time, Rolling and Crawling

- 0-2 months:** Clears nose when on tummy
- 2-4 months:** Baby propping on elbows & holding head at 90 degrees
Baby rolling from side to back, side to tummy & back to side
- 4-6 months:** baby pushing up on extended arms
Baby can free one arm to reach in forearm support & enjoys playing with a toy in that position
Some babies may start pushing up partially to hands & knees
Baby rolling tummy to back and back to tummy
Baby pivoting on tummy
- 6-9 months:** pushes up to hands & knees & rocks forwards & back
In 4-point, frees one hand to reach for toy
Attempts to move forward & crawling is achieved
- 9-12 months:** Crawling is primary method of mobility, & able to climb over obstacles & furniture
Begins to creep/crawl up the stairs
Many babies are standing independently by this time
- 12-15 months:** child continues to crawl up stairs even though they have mastered walking
- 15-18 months:** Child is crawling up and down stairs
Child climbs age-appropriate playground equipment with supervision/assistance
Child is climbing up onto furniture (chairs & couches)
- 19-21 months:** Child climbs on, off & over furniture
- 31-36 months:** child climbs ladders & slides on outdoor playground equipment with supervision only
Child copies movements accurately & participates well in action songs
- 48 months:** Child climbs outdoor playground equipment independently
Child capable of forward tumble

References:

Cornish, Andree., Summersby, Louise D. (2006). Gross motor development from birth to six years. One Kids Place (OKP).

Folio, M. Rhonda., Fewell, Rebecca R. (2002). Peabody Motor Development Chart. Austin (TX): Pro-ed.