

## The Four T's of Rolling Tummy to Back

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Is your little one learning how to roll? Believe it or not, it takes a lot of arm and tummy strength roll, which can make it a challenging skill for infants to master! Here's four tips to help build the strength your child needs to roll.

- 1. Tuck:** Have your little play on their tummy while propped on their forearms with elbows tucked underneath shoulders. This will help build strength through their back, neck, and shoulders. To make it easier, elevate their chest higher than their bottom by placing a boppy, soft wedge, rolled up towel, or pillow under their arms and chest or by placing them on your chest while lying on your back.
- 2. Transfer:** While propped on forearms, encourage your little to transfer their weight from one arm to the other by placing toys out in front of them to reach for. You may have to help transfer their weight by gently rocking them side to side. If this is too challenging, have them prop their arms on an elevated surface such as your leg, pillow, or boppy.
- 3. Turn:** While playing on their tummy, have your little turn their head side to side to track a toy or follow your face. Turning the head to follow a toy is essential for your child to roll! Make this easier by adding a rolled up towel underneath one hip to encourage transferring weight to one arm and promote head turning.
- 4. Trunk Strength:** There are several strategies to help build strength through your little's trunk, but one in particular that is helpful for rolling is a baby plank. Did you say plank?? Yes, babies can do them too and they're a great trunk and arm strength builder! Sit on the floor with straight legs and have your child lay on their tummy across your lap with their arms straight and pushing up through the floor. Encourage them with their favorite toys to promote reaching and head lifting.

