

Tummy Time

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Some things to try...



Another great position to include in your kid's day is "prone prop on elbows." This is just a fancy way of saying lying on your tummy propped up on elbows.

Kids can read, do homework, or play games in this position as yet another way to provide a break from sitting.

It is a key developmental posture that helps to organize their system. Many kids (and adults) can't maintain this position comfortably for more than a couple of minutes. You may have to work your way up to longer times.

This position is also key for the development of an "organized" nervous system, strong/ stable shoulders and visual development.

And here is why...

- Prone prop promotes ocular motor development - better vision!
- This position helps to activate the brainstem were learning initiates.
- Tummy time provides much needed deep pressure to all the body parts that are touching the ground- this can be soothing and centering for kids who feel lost in space.



Contact: Kori Mannon, MPT

mannonmotion@gmail.com

575.740.0356 with questions