

DEVELOPMENTAL SKILLS

ROLLING

Babies begin to roll by lifting their legs and feet toward their hands. This leads to rocking side to side and eventually rolling onto one side. Finally, they will roll all the way over onto their tummies usually between 5 and 7 months. Rolling lays the foundation for many other important developmental skills.

theinspiredtreehouse.com



Why is rolling important?

- Rolling strengthens the neck, back, and core muscles for postural control.
- When babies roll, they are learning to use both sides of the body together, which comes into play later when they learn to crawl and walk.

How to encourage rolling:

- Try foot rattles to encourage kicking and bringing hands to feet.
- Position your baby on one side during play (placing a toy on the floor for her to look at).
- Gently rock your baby from side to side while singing a favorite song.
- Carry your baby in different positions (upright, with legs tucked, in side lying) to help them get used to different movement experiences.
- Limit the amount of time your baby spends in a car seat, carrier, stroller, or swing.