Developmental Program for Infants 0-2 months

While your baby is awake, it is important for him to be on his tummy. This position helps strengthen the neck, shoulders, trunk and hips. This will also prepare him for crawling activities.

TUMMY TIME
1) 2) 3) (can place baby in positions 2) & 3) two weeks after chest closure)

SIDELYING
Place baby in side-lying with something to support her back with head and trunk in a straight line. Encourage reaching by placing a toy in front of her. Make sure to place her on both sides.

This is a good position to work on your baby’s visual skills. Have him look at your face and then move to encourage him to track your face.

VISUAL SKILLS

SUPPORTED UPRIGHT
Placing baby in a semi-upright position fosters lung development, visual skills and hand-eye coordination skills.

Occupational and Physical Therapy

Department of Rehabilitation Services at Lucile Packard Children’s Hospital 650-497-8218