Positioning Ideas for Infants at the 2-4 month Developmental Level

**Prone over shoulder:** a modified tummy time position for comfort, positive touch, neck & back strengthening.

**Prone on caregiver chest at incline:** for neck and back strengthening & visual (social) interaction.

**Supported active tummy time (prone):** for neck, back and arm strengthening in preparation for sitting & crawling. *can start 2 weeks after chest closure*

**Supported independent (supervised) tummy time for play:** *can start 2 weeks after chest closure*

**Supine (back lying) cradled in arms:** encourages infant-caregiver interaction, reaching skills & visual activity.

**Supine in caregiver’s lap:** encourages focusing, reaching skills & social interaction.

**Supported sit on caregiver:** to practice sitting skills while socially interacting.

**Supported upright sitting in bouncy seat:** encourages visual and social interaction, lung development & hand-eye coordination.