

Moving Right from the Start



The importance
of physicality in
the early years

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Tummy Time

An infant of 12 months started at a nursery able to sit up but unable to move around on the floor through his own volition, and instead was dependent upon an adult carrying him from one place to another. The staff who were trained in movement-play were aware that tummy time was crucial if this infant was going to be able to develop the skills to move independently of adult support. They therefore began to put him on his tummy for a few minutes each day, extending the time as he became accustomed to this position. He gradually began to lift his upper body up by pushing himself up by his hands and looking around him moving his head from side to side, up and down, visually surveying the room taking more of an interest in what was going on there. Eventually he began to move on his tummy exploring his surroundings, and in time pushed his body up to crawling on all fours. He became significantly more mobile, seeking interaction with his peers and adults around him and travelling further afield and faster!

Each day his mother would enquire about his well-being asking if he was happy there. The staff talked to her about their pursuit of tummy time with him and she agreed to do this at home too. Over time, as he began to move on his tummy, crawl on his hands and knees and eventually pull himself up to cruising, she was overwhelmed by his progress. She had a daughter of two and a half years whom she also encouraged to crawl alongside her brother. Having good links with parents and talking to them about the benefits of early movement patterns can make a world of difference to both children and the parents.