



# The Plan For Babies Who HATE Tummy Time

## Does your baby...

- ☹️ Cry when you put them on their tummy?
- ☹️ Flop or give up when in a prone position?
- ☹️ Have a “really strong neck”?

It's so unhelpful to be constantly told “do more Tummy Time” but your baby howls.

There is another way!

## Containers

Limit the time your baby spends in containers. Whether it's a baby bouncer, bumby or a swing, limit it to 10 minutes max at a time (and avoid altogether if you can).

Keep the car seat in the car.

Try and avoid your baby napping in a bouncer, this can lead to postural changes, neck stiffness and head flattening.



Tuck in those elbows: Try to position the elbows a little bit in FRONT of the shoulders. This gives them an extra boost and makes it easier



## What is Tummy Time?

The time your baby spends flat on their tummy



## What is Verticalisation?

When your baby is on their tummy but not flat



Verticalisation is slightly different to tummy time but every bit as important. When your baby is lying propped up on your chest or in a sling it has a different effect on their neuro-musculo-skeletal system.

## Why do some babies not like Tummy Time?

**Musculoskeletal Tension** - Some babies have tension in their neck or back which makes it difficult to extend their head. These babies often move like a “plank” and you may be told your baby has a “strong neck”

**Low tone** - Some babies who have been through a traumatic birth may have low tone (loose) or high tone (rigid) depending on how they have responded. The muscles are controlled by the autonomic nervous system which when in a heightened state will send mixed messages to the muscles leading to this change in tone.

**Heightened Reflexes** - Babies have primitive reflexes. In some babies these reflexes are triggered when lying on their fronts. These babies often have difficult births and may be unsettled and have digestive difficulties

There are other reasons such as reflux and of course if you're concerned always contact your GP.

## Tummy Time Tips

Pat baby's bottom during tummy time- not only does this distract them, but it prevents baby from arching!

As soon as your baby cries or shows signs they're not enjoying tummy time, take them out of the position. Tummy Time should be fun!



Try new ways! On the floor, over your knees, on a ball, on your tummy. Add in new toys. There are lots of ways to sneak it in!

We provide specialised consultations for your baby with virtual appointments all around the world. The sooner you show your baby the right path, the quicker the problems can be managed. We would love to help show you the way.

# Neural Stimulation Exercises

These neural stimulation exercises can be quite intense so go steady.

 During a nappy change do these movements for no more than 10 seconds each

 Slow, smooth and rhythmical is best

 It's better to "under-do" rather than "over-do"

Always do tummy time where you can see your baby

Your baby should be awake and alert

If your baby is unhappy, stop!



## 1. Good Toes, Naughty Toes

Lie your baby on their back and gently flex and extend your baby's ankles, just enough to see their head lightly move up and down

## 2. Hello, Goodbye

With your baby still on their back, roll your baby's thighs in and out. If your baby was found to have a clicky hip at birth, give this one a miss

## 3. Twisties

Lie your baby on their side and with one hand on their ribcage and the other on their pelvis, gently rock their pelvis back and forth so their top half stays still but their bottom half is gently twisting back and forth.

### Benefits include...

#### Balance

Provides vestibular input that helps develop balance

#### Spatial Awareness

Promotes spatial awareness by giving tactile and proprioceptive input

#### Muscle Tone

Helps regulate tone throughout the whole body

#### Extensor Muscles

Support extensor muscle tone

#### Reflex Integration

Promotes integration of the Tonic-Labyrinthine Reflex



Any time you put your baby down on their back to change their nappy, pop them on their tummy first



Don't worry about how long your baby is on their tummy, focus on the frequency and having many episodes each day

## What is the Tonic-Labyrinthine Reflex (TLR)?

The TLR is associated with changes in head position and body posture.

When a baby's head is tilted backward or forward, the reflex causes corresponding changes in the rest of the body's posture.

The TLR is thought to play a role in the early development of postural control and movement coordination.

As your baby's nervous system matures, the TLR gradually diminishes, and voluntary control over posture and movement increases

By around 6 months of age, the TLR should be largely integrated, meaning that the reflex no longer dominates your baby's movements and responses.

The persistence of the TLR beyond the typical age of integration may interfere with the achievement of developmental milestones, such as rolling over, sitting up or crawling.

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