

Horses and Ponies Encourage your child to rock backwards and forwards on all fours (hands and knees), pretending to be a rocking horse. Rock at different speeds and perhaps use a soft toy to ride on your child's back.

Spinning Wheel Whilst lying on the floor on their tummy, encourage your child to use their arms to help them spin around, pretending to be a spinning wheel or carousel. Try changing speed and direction and playing this game in a sitting position.

Moon Landscape Create a "moon landscape" using a variety of soft surfaces e.g. cushions and pillows covered with a blanket. Encourage your child to crawl over the landscape.

Obstacle Course Make an obstacle course for your child; choose items that will encourage your child to move under, over, in, out, through, between and around the obstacles.

Creeping Crocodiles Ask your child to lie on their tummy, outstretched on the floor. Encourage them to creep along using their arms and legs. The "crocodile" can try creeping under and around obstacles.

Activities should be fun and be completed on a daily basis where possible. 5 to 10 minutes a day is more beneficial than an hour once a week.

Useful Websites;

Visit YouTube For Free movement songs (e.g. [Go Noodle](#))
[Early movers](#) has lots of physical development activity ideas.

[NHS physical activity guidelines for children under 5.](#)

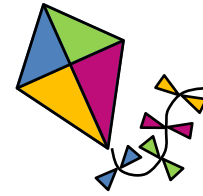
Yoga (e.g. [Cosmic Kids](#)) available on YouTube.

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If you have any queries, please contact your therapist



**South West
Yorkshire Partnership**
NHS Foundation Trust



The importance of Tummy Time for the development of Handwriting for pre- school children



Name:

NHS Number:

www.southwestyorkshire.nhs.uk

With **all of us** in mind.

This advice is to help support the development of your child's handwriting skills through Tummy Time.

Tummy Time involves placing children and infants on their tummy to play and explore their environment. Tummy time offers many physical and sensory benefits to support the development of Handwriting.

Tummy Time helps to build trunk muscles (core strength), head control, shoulder and arm strength which are all needed for fine motor development and handwriting.

Practicing these activities regularly throughout the day will help with trunk control and handwriting.

Benefits of Tummy Time;

1; Develops Shoulder and Arm Strength.

Tummy time encourages children to push up against gravity, which helps to strengthen the muscles in their arms and shoulders. These muscles play an important role in the development of handwriting.

2. Develops Fine Motor Skills:

Tummy Time helps to develop fine motor skills as children are encouraged to reach out and explore their environment. This involves grasping and manipulating toys and objects and helps to practice and develop hand – eye coordination. Which help the development of handwriting skills through improved dexterity, grips and pencil skills.

3. Core Stability and Posture;

Tummy time activities help to strengthen the core muscles, including tummy and back muscles which are needed to maintain a good upright sitting balance that is important for handwriting.

4. Visual Tracking

During Tummy time children are more likely to look around and visually interact with their surroundings. This helps with the development of visual tracking skills which are important for reading and writing. Improved visual tracking promotes better eye control and focus including concentration and attention during handwriting.

5. Bilateral intergration

Tummy Time allows children to perform activities that require both hands to work together (bilateral intergration) and may include reaching and grasping for objects. This skill is important for the development of hand dominance and coordination required for handwriting

Activities to try:

Mr Mole - Play at being Mr Mole with your child. Pretend to crawl over mole hills and through tunnels. Tunnels can be fun but if you don't have these, Use cushions, sheets, furniture and toys. (or use the tunnels at your local play areas.

Sensory Gym Provide a sensory gym with space to roll and interesting items to look at / grasp

Play aeroplanes (when sufficient head control is established). Lie on your back with knees bent up while they lie with their tummy on your shins, facing you.

Floor Play Get down on the floor and interact - sing songs, play with toys, place a plastic mirror in front of them

Mini Press ups Put interesting toys in front of them. Encourage your child to lift their head, progressing to supporting themselves on their forearms and then propping up with straight arms. Use a cushion or roll under their chest or tummy. Play games in this position whilst your child props up on their arms

Magic Carpet sing a blanket or sheet on the floor, pretend you are pulling your child on a magic carpet. Allow your child to sit or lie in different positions in the centre of the "magic carpet".

Books Use a variety of books with different textures in to explore in Tummy Time, encourage your child to feel the textures and turn the pages whilst on their Tummy.