

TUMMY TIGERS

Home Exercise Program Book #1



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INTRODUCTION

Welcome to the **TUMMY TIGERS** home exercise program! Tummy time helps your child to gain head, neck control and upper body strength, which will help your child to reach their developmental milestones. It also prevents positional plagiocephaly, which is the flattening of your child's head associated with increased time on their back.



(Russell, Kriel, Joubert & Goosen, 2009; Graham, Gomez, Halberg, Earl, Kreutzman, Cui & Guo, 2005)

This booklet will provide easy to follow exercises and advice that may help your child's development. Try to add these exercises into play time as much as you can! The more practice the better!

If you have any questions or concerns, please speak to your physiotherapist.

AIMS OF PHYSIOTHERAPY

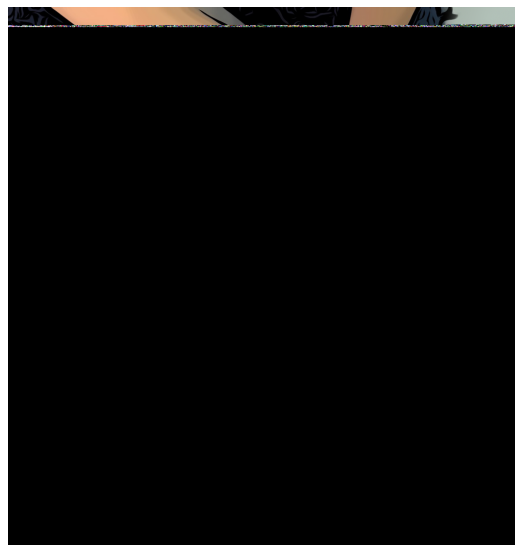
- Teach you how to facilitate tracking via vision or hearing
- Facilitate rolling your baby onto their tummy or back
- Strengthen your babies neck and arm muscles

TRACKING FOR OBJECTS

You can use your face or a simple toy to facilitate movements and to make sure they are tracking with their eyes appropriately.



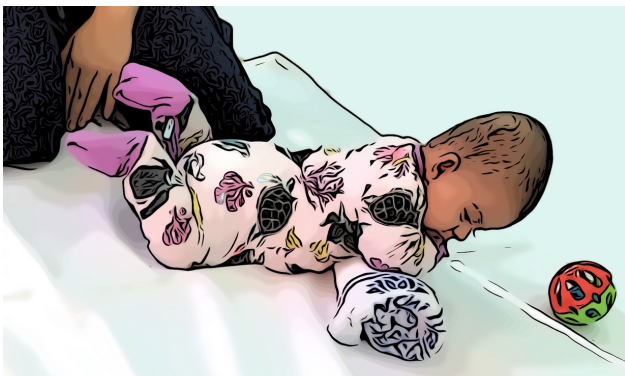
EXERCISES TO HELP ROLL OVER



DIFFERENT POSITIONS FOR TUMMY TIME

ON A TOWEL

Roll up a towel/use a pillow and place it under your baby's upper chest



SLIGHT INCLINED POSITION ON AN EXERCISE BALL/BEAN BAG

Use your hand to support your baby's hips while in this position.



ON LAP

Lift one leg to adjust the angle for your baby



ON YOUR CHEST

Position your baby's tummy on your chest



SUPERMAN CARRY

One arm between baby's legs and on tummy, the other arm supports baby's upper chest and shoulders



ADVANCED SKILLS

PIVOTING

Encourage your baby to turn their whole body while on their tummy.



COMMANDO CRAWLING

Encourage your baby to crawl forward while keeping their tummy on the floor by placing toys in front of them.



WHY ARE BABY WALKERS DISCOURAGED?

IT MAY DISRUPT NORMAL DEVELOPMENT

- Children may develop a false sense of balance, and struggle to balance once the baby walker is removed
- Children may develop inappropriate movement patterns such as toe walking
- More time in a baby walker means less time practising skills!

(Australian Physiotherapy Australia)



IT CAN CAUSE SERIOUS INJURIES

It can help infants reach dangerous objects such as heaters, electrical connections, Infants can move to dangerous areas such as stairs and it can lead to injuries such as concussions, burns and fractures.

(Al-Nouri & Al-Isami, 2006; Sharov et al., 2018)



WE RECOMMEND USING A TROLLEY OR SIMILAR ALTERNATIVE (E.G. UPSIDE-DOWN WASHING BASKET)



Significant delay was found in rolling over, crawling, kneeling, sitting, standing and walking

(Talebian et al., 2008)

The delays of extended baby walkers use may last up to 15 months, as shown by lower cognitive scores.

(Garrett, McElroy & Saitnes, 2002)

Every day a baby spends in a baby walker will delay walking by 3.3. days

(Garrett, McElroy & Saitnes, 2002)



SWADDLING

- Swaddling should be snug around your child's arms but loose around their legs
- Swaddling too tightly around the legs can lead to problems with your child's hip development
- For healthy hip development when swaddling, your child's legs should be able to bend up and out at the hips

(Van Sleuwen, Engelberts, Kuis, Schulpen & L'Hoir, 2007; Clark, 2013; Manaseki et al., 2010; Mahan & Kasser, 2008)



BUMBO SEATS

- Bumbo seats give the child a false sense of sitting balance and does not help increase their core strength
- It places the hip in the incorrect position, so the child has a slouched posture instead of an upright posture
- There have been cases of head injuries in children who have fallen out of Bumbo seats from an elevated level

(Beaudin, Maugans & Falcone, 2013; Jiang, Armendi & Smith, 2017)



THE T.I.C.K.S RULE FOR CARRIERS

- ✓ TIGHT
- ✓ IN VIEW AT ALL TIMES
- ✓ CLOSE ENOUGH TO KISS
- ✓ KEEP CHIN OFF THE CHEST
- ✓ SUPPORTED BACK

**IF YOU HAVE ANY QUESTIONS OR PROBLEMS, PLEASE PHONE THE
PHYSIOTHERAPY DEPARTMENT**



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