

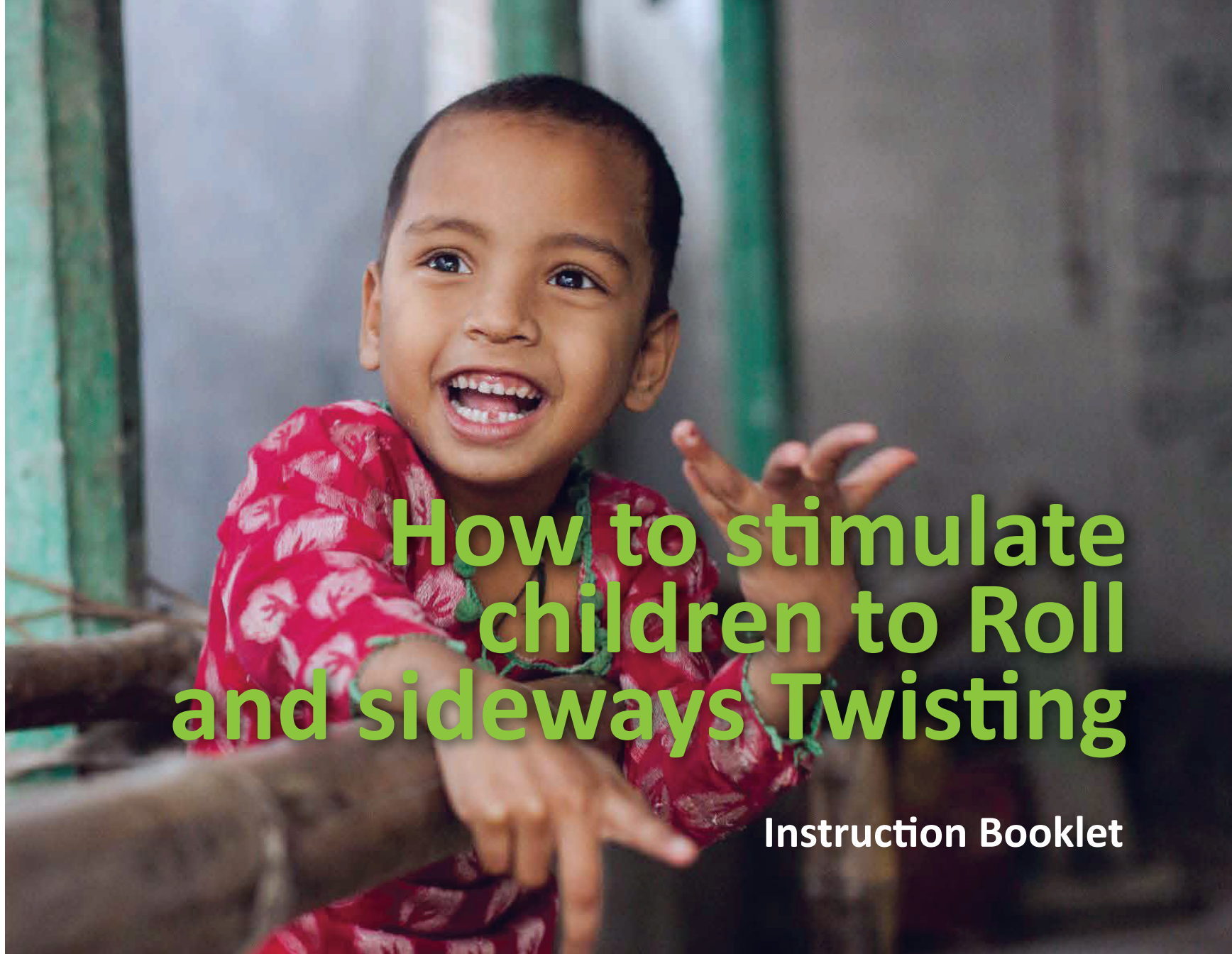
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**How to stimulate
children to Roll
and sideways Twisting**

Instruction Booklet



Special thanks to



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How to use this book

In this booklet and accompanying video, you will find a lot of information about how you can facilitate children with rolling and sideways twisting which is an important part of their development.

First, watch the video. Whenever you need relevant information, you can get this from this booklet. If you cannot understand any information from this booklet, watch the video again: https://youtu.be/BW7w_k-p-Gw

Important information

Try to practice the methods in this book from an early stage of childhood. If that is not possible, no matter how old the child is, use these methods to practice twisting and rolling.

**Please note that though we have used the pronouns 'she/her' in the book, the book is applicable for every child.*



HOW TO STIMULATE A CHILD WITH ROLLING & SIDEWAYS TWISTING



Now we will see how you can help a child to roll or twist from back to belly or belly to back. Twisting, or turning of the upper body, must be learned before a child can **learn to sit, crawl, and then walk**.



Please remember- Always inspire the children with toys. Talk to your child. Praise their attempts. And have fun.

There are two ways a child starts Rolling and Twisting-

- First, learning to roll from back to belly
- Then, from belly to back

**ROLLING FROM
BACK TO BELLY**



Children normally learn by themselves to roll over. Children who are developmentally delayed can also learn faster with special help and encouragement.



Here is how you can make rolling fun for your child. You can curl the child up in a 'ball', take her hands and feet together, and slowly roll her from side to side. Bring your face closer to her face and sing.



Put the child gently on her back on the play mat. Help the child learn to roll from her back onto her side by using her legs. Let your child also play on her side. If necessary, you can put a towel roll behind her back as a support so that she stays in that position.



You can also stimulate the child to roll to the side and then to the belly with a big towel. Put her on her back on a big towel. Lift the towel carefully until she is lying on her side and wait until she continues to roll to her tummy or help her a little.



If the child is very stiff, before doing other exercises or activities, let her feel how she has to rotate her body. Put the child gently on his back on the playmat and help her relax by swinging her legs quietly back and forth. It's a preliminary stage of rolling. Do the movements slowly so that the child can try herself.



To stimulate the rotations of the back, you can also sit on the ground and put your child between your legs. Stimulate or help her to rotate his body by moving a toy from one side to the other side.



Again you can encourage her to rotate to his side by laying her on her back and putting a toy on the side. Have her reach for a toy held to one side. Continue to stimulate the child **to roll to the belly**. If necessary, take her upper leg in flexion and slowly help her turn and reach the toy.

TO ROLL FROM BELLY TO BACK

When children have already learned how to roll from back to belly, you can teach them to roll from belly to back.



Attract the child's attention by holding a rattle or toy in front of her. Then move the toy to one side, so the child turns her head and shoulders to follow it. Encourage her to reach sideways for the toy, and then move the toy upward, so that she twists onto her side and back. She will take support on one arm and lift the other arm by turning the trunk.



If we stimulate the child to roll from belly to back, the child will do that more consciously now. If necessary, help her by bending his upper leg carefully.



Remember, your attention and effort can give your child a better life.