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How to Help Children Lift and Control Their Heads

Instruction Booklet

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Index

Lifting and controlling the head	01
Head control while lying face down (prone)	05
Head control in sitting and half sitting positions	14
Head control while carrying the child	18



How to use this book

In this booklet and accompanying video, you will find a lot of information about how you can facilitate children to lift and control their heads. 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/knPptTJ8U8g>

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 help with head control.

LIFTING AND CONTROLLING THE HEAD



Children with developmental delay are often slow to learn to control their heads. In that case, we need to help them to develop reasonable head control before trying to help them with later developments e.g. rolling, sitting, crawling, or walking.



Please remember
Always inspire children with toys, talk to them and have fun together.



You can help children with head control in three positions-

1. When the child is lying face down (prone)
2. When the child is in sitting and half sitting position
3. When you are carrying the child.

WHEN THE CHILD IS LYING FACE DOWN (PRONE)



While laying the child on his or her tummy, help the child roll from back to tummy by holding and moving his or her legs as shown in the pictures.



When children lay face down, they have some tummy time. It is very important to allow them plenty of tummy time during the day. All the major motor skills develop from this position.



The easiest way to get used to tummy time is by sitting on a play-mat and taking the child on your lap. Let the child play with some nice toys and talk to the child.



If the child has difficulty to lift her head, you can also lift your left leg a little. The child will sit a bit more straight and it will be easier for the child to lift her head.



If the child has difficulty to lift his or her head, you can also take the child on your lap while sitting on a chair. Put the child with his or her buttock on your right upper leg, cross your left leg and then put it on your right leg. Let the child take support on your left arm which is on your left leg. Your child will be more in an upright position. This makes it a lot easier to lift his or her head.



You can also put the child against your body in a half-sitting position. Move down so that the child will be more on your belly. Try to motivate your child to lift up his or her head by making good eye contact.



The best way to stimulate children's head control is this way. Lay the child on his or her tummy and encourage to lift the head with brightly coloured toys.



If your child has trouble raising his or her head because of a weak back or shoulders, try placing a blanket or make a roll from a big towel and put this under his or her chest and shoulders. Be careful that the child's arms are in front.

WHEN THE CHILD IS IN A SITTING AND HALF SITTING POSITION

The positions explained in the following pages will help strengthen children's belly and neck muscles.



CAUTION: When children are laying on their backs, never pull them up by hands if her head hangs back like the way shown in the picture.



Instead, you may gently turn them to their sides and slowly lift them up.



Now you can help the child sit up either on your lap or on the mat with his or her legs free. Hold the child by the upper part of the arms. Then gently tilt them back a little, encouraging to hold the head up. Repeat often, and as the child gain strength and control, gradually tilt them farther back—but do not let the head fall backward.

WHEN YOU ARE CARRYING THE CHILD



Are you going somewhere carrying the child? You can also stimulate head control at the same time. Before lifting the child from the floor, you have to turn the child on your forearm and with the other hand you take the child by his or her bottom.



Carry your child in front of you or at your left or right side. Also in those positions you can train head control.



Place your child on his or her belly, with your arm placed between his or her legs and your hand under the chest. Carrying the child like this helps develop good head control.



You can also carry children on their sides to stimulate the lateral movements of the head, which is part of the head control. Keep their hands free so that they are comfortable.



Again keep the child's hips and knees bent and the knees separate. It helps relax and give better control. The head cannot fall backwards and there will be a better control over her head.



REMEMBER, A BIT OF ATTENTION AND EFFORT CAN GIVE THE CHILD A BETTER LIFE.