



Down Syndrome Association
OF NORTHWEST INDIANA & CHICAGOLAND



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Special Thanks to:

DSA Family Volunteers
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Working on: Tummy Time

Down Syndrome Association
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<http://dsaofnwi.org/>

In partnership with:



Activity 1: Tummy with Towel/Blanket Roll



- Towel roll placed under child's chest and arms
 - Bulk of roll should be at upper trunk and shoulders for support
- Play at eye-level with your child
- To progress activity:
 - Place your hands at your child's hips,
 - Shift their weight from one leg to the other leg to prepare for rolling
- Try this activity during playtime or while watching TV

Activity 3: Tummy on Elbows



- Place child on belly with elbows under their shoulders or slightly in front of their shoulders
- Encourage your child to lift their head by playing with toys/talking at or just above eye-level
- Provide extra support at legs/hips to keep them together if your child cannot yet do this independently
- Try this activity while playing with your child

Activity 2: Tummy on Lap



- Place your child across your lap
 - The knee supporting your child's arms and chest should be higher (e.g. on a stool)
- Place hand on your child's low back/bottom for stability
- Add forward/backward rocking motions
- Try this activity when:
 - Putting pants on your child
 - Soothing your child
 - Your child needs to be burped

Activity 4: Tummy on Hands



- Sit on your heels with your knees around your child's bottom and legs to keep them together
- Have your child propped up on their hands
 - Begin with the arms out in front
 - Gently bounce their arms back towards you
 - End when the arms are roughly at a 45° angle
- Elbows should not be locked; they should be slightly bent
- Try this activity with a family member or friend during playtime for your child

